Vancouver metro

WEDNESDAY, JANUARY 27, 2016

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Clara Hughes

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Vancouver metro

Your essential daily news | WEDNESDAY, JANUARY 27, 2016

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SOUR NOTE

WestJet denies Juilliard-trained musician from boarding his cello. Even though he paid for it.
metroNEWS

It's a $2M line now

URBAN PLANNING

Traditional $1M line dividing east, west of the city doubles

Matt Kieltyka
Metro | Vancouver

The $1-million line that used to divide pricey west homes from cheaper east-side properties in Vancouver is now a $2-million line.

Each year, BTAworks urban planner Andy Yan — recently named acting director of Simon Fraser University's City Program — analyzes the property values of single-family homes throughout Vancouver when assessments are mailed out.

Last year, Yan found that 66 per cent of the city's homes were assessed at over $1 million as more and more million-dollar properties popped up east of Ontario Street.

This year's analysis revealed that 91 per cent of all Vancouver single-family, detached homes are now assessed at over $1 million and that the former million-dollar divide between west- and east-side homes is now $2 million.

Thirty-two per cent of all Vancouver homes are now assessed at over $2 million.

The vast majority of those are west of Ontario Street.

"I'm a little surprised how much (assessed values) jumped last year," said Yan, who is no stranger to the shocks of Vancouver's real-estate market and is a prominent voice in the city's housing debate. (He curated the data for the Museum of Vancouver's current exhibition, Your Future Home: Creating the New Vancouver.)

According to Yan's analysis, 100 per cent of the homes in Dunbar-Southlands, Shaughnessy, Arbutus Ridge, Kerrisdale and Oakridge are assessed at over $1 million.

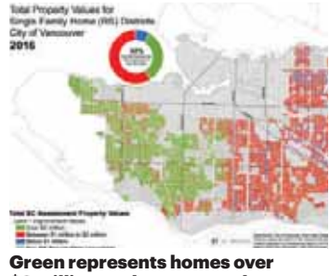
West Point Grey, Marpole and South Cambie are close behind with 99 per cent of homes assessed at over a million.

More than 90 per cent of the homes in Kitsilano, Victoria-Fraserview, Riley Park and Sunset also exceed $1 million assessments.

Hastings-Sunrise appears to be the most affordable neighbourhood, but the vast majority of homes there (78 per cent) are still assessed at over a million.

Even then, many homes assessed at below $1 million would probably fetch more on the market, Yan said.

"The issue is deeper than high prices; it's do (young families) have a future in the city?" said Yan.



Green represents homes over $2 million, red represents homes over $1 million and blue represents homes less than $1 million.
COURTESY BTAWORKS/ANDY YAN

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metro NEWS
Your essential daily news

Still three minutes to midnight: Doomsday clock doesn't budge.

Ancient clay promises strong healing capacity

UBC STUDY

Heiltsuk First Nation has used Kisolite for centuries

Thandi Fletcher
Metro | Vancouver

Researchers at the University of British Columbia have discovered rare mineral clay long used for its therapeutic properties by indigenous people in this province that could hold promise in treating antibiotic-resistant infections.

For centuries, B.C.'s Heiltsuk First Nation has used clay found in its traditional territory of Kisameet Bay, some 400 kilometres north of Vancouver, to treat a range of ailments, including burns, skin infections, arthritis and ulcerative colitis, an inflammatory bowel disease.

Now, UBC researchers have found the greyish-green mud, called Kisolite, shows potent antibacterial qualities against multidrug-resistant pathogens, called "ESKAPE" bacteria for their ability to escape the effects of antibiotics.

"These are essentially untreatable (infections) and they almost always lead to the death of the patient. They are really very lethal," UBC microbiologist and study co-author Julian Davies told Metro.

Kisolite, a rare mineral clay long used for its therapeutic properties by B.C.'s Heiltsuk First Nation, could hold promise in treating antibiotic-resistant infections. UNIVERSITY OF BRITISH COLUMBIA/CONTRIBUTED

"But to our great surprise, the clay … was very, very active against most of the bacteria that we tested. It was a very strong antibiotic."

After 50 years of overusing and misusing antibiotics, Davies said, the clay and other natural mineral-based agents could provide new weapons in the battle against multidrug-resistant pathogens.

> **The clay … was a very strong antibiotic.**
> Co-author Julian Davies

Davies and UBC researcher Shekooh Behroozian tested the clay suspended in water against 16 strains of ESKAPE bacteria samples, taken from Vancouver General Hospital, St. Paul's Hospital and UBC's wastewater treatment pilot plant, and found it successfully killed all of them.

The researchers aren't sure how the clay works to kill pathogens, but Behroozian suggested it might be due to the unique mixture of minerals.

Interestingly, Davies said the clay itself contains a significant amount of bacteria, which does not seem to be affected by the minerals.

Before the clay can be used in treating patients, however, it needs to undergo clinical studies and toxicity testing, the researchers said.

But its long history of use holds promise for clinical use. Davies said indigenous people have long used the clay both topically, rubbing it on their skin, and by ingesting it without any known adverse reactions.

HUMAN RIGHTS

Smoker ordered to quit

A "lifelong smoker" has been ordered to butt out inside his Vancouver residence while he waits to challenge his condo corporation with a human-rights complaint.

A British Columbia Supreme Court judge has concluded that Paul Aradi, 70, must follow a no-smoking bylaw in his apartment building, even though the man has difficulty standing and walking.

In a ruling posted online Tuesday, Judge Wendy Harris said she will not allow Aradi to continue disregarding the bylaw until the Human Rights Tribunal holds a hearing.

Aradi's rights complaint asks the corporation to accommodate his disability, which he said affects his ability to smoke his cigarettes outside. It's expected the hearing will be held in July, although it has not been formally scheduled.

"That would be approximately six months away from now, which is a significant period for those owners who have expressed concerns about the smell of cigarettes and the effects of second-hand smoke on their health and the use and enjoyment of their property," Harris wrote.

"I reject the respondent's contention that their concerns are exaggerated or ideologically based."

The Canadian Forces veteran bought his condo in 2002, seven years before the corporation prohibited smoking inside individual units. THE CANADIAN PRESS

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Another Fox battles cancer

HEALTH

Terry Fox's father reveals his diagnosis

Terry Fox devoted his life to raising money for cancer research, and now his father has been diagnosed with the disease.

The family announced Tuesday on the Terry Fox Foundation website that 80-year-old Rolland Fox, known as Rolly, was recently diagnosed with lung cancer.

"He remains in very good spirits, confirmed by the dated and overused humour we are forced to endure," the family says in a statement.

"Though initially troubled by the news, Rolly is committed to approaching the challenge now before him by adhering to the traits — optimism and a never-give-up attitude — that he likely passed on to his son Terry."

Rolly Fox started smoking at age 19, consistent with the times, and quit on a dare from his brother in 1986, the family says. He completed a 16-kilometre run the next year.

The patriarch has been a "behind-the-scenes believer" of his son's mission for 36 years, and after the 2011 death of his wife and Terry Fox's mother Betty Fox, became more active, visiting Terry Fox Runs across Canada, the family says.

Terry Fox became a national icon after he ran more than 5,000 kilometres over 143 days in 1980 to raise money for cancer research. He died the following year at age 22.

"We thank you for your continued support for our family during this period and for keeping alive Terry's dream of ending cancer through research," the family says.

"Our family will endeavour to keep supporters updated but will not be making any further public comments at this time."

THE CANADIAN PRESS

Betty and Rolland Fox, the parents of Terry Fox, stand as they are acknowledged by the House of Commons during Question Period on Parliament Hill in 2010. FRED CHARTRAND/THE CANADIAN PRESS

IN DEPTH

The stigma of disease

The family notes that lung cancer claims the lives of more Canadians than any other form of cancer, but because of the smoking stigma it is often neglected as a funding priority in research.

The Terry Fox Research Institute, with funding from the foundation, recently completed a Canadian study to detect lung cancer early.

> **"(Rolland) remains in very good spirits, confirmed by the dated and overused humour we are forced to endure."**
>
> Statement from Fox family

IN BRIEF

Police release sketch of thrower in cyclist's death

COURTESY VPD

Vancouver police have released a composite sketch of a man involved in the bizarre death of a cyclist on the sea wall earlier this month.

Juan Loro Avis, 45, died from severe head injuries sustained when he was struck by a heavy object thrown out of a trash bin while cycling along the sea wall near Science World on Jan. 6.

Vancouver police have said there is no indication Avis was intentionally struck and described the incident as a "very bizarre set of circumstances."

However, the man alleged to have been tossing items out of the garbage bin left the scene before paramedics and police arrived.

Police would like to question the man but have been unable to identify him to date. MATT KIELTYKA/METRO

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SHELTER

Abbotsford to vote on new homeless bylaw

Matt Kieltyka
Metro | Vancouver

Abbotsford city council will vote next week on amendments to its parks bylaw that would dictate when and where homeless people can sleep outside.

The draft bylaw — an attempt to bring it in line with a B.C. Supreme Court ruling last year that found it currently violates the homeless' "right to life, liberty and security of the person" — went through three readings at council on Monday night and will be voted on at its next meeting Feb. 1. The proposed changes allow for homeless people to camp overnight at municipal parks between 7 p.m. and 9 a.m. (as ordered by the court) when no accessible shelter accommodation is available in the city.

However, the draft bylaw prohibits camping outright in three of Abbotsford's 157 parks and restricts camps from being set up at playgrounds, pools, tennis courts, sports fields, washroom facilities and a number of other areas within public parks.

And in an effort to address the ongoing homeless camp along Gladys Avenue, the bylaw explicitly stipulates "highways" are not included in the definition of "park".

Last week, Abbotsford Mayor Henry Braun said the city has no immediate plans to dismantle the Gladys camp, but the proposed amendments would give the city the right to do so.

Pivot Legal Society, which represented the homeless in their successful legal battle against the city, warned displacing the campers without providing them housing could put them at significant risk.

Braun told Metro the city's goal is for service providers to assist the remaining campers throughout Abbotsford.

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Inderjit Singh Reyat DARRYL DYCK/THE CANADIAN PRESS

Air India perjurer out from prison

STATUTORY RELEASE

Reyat only one convicted in 1985 bombings

The only person convicted in the 1985 Air India bombings has been granted statutory release from prison to a halfway house.

Inderjit Singh Reyat was charged with perjury in 2006 for repeatedly lying during his testimony at the trial into the bombing deaths of 331 people, mostly Canadians.

Reyat was found guilty in 2010 and sentenced to a record nine years in prison, or seven years and seven months after accounting for time served.

Under the law, offenders must be granted statutory release after they have served two-thirds of their sentence.

Parole Board of Canada spokesman Patrick Storey said Reyat must abide by several conditions as part of his release, including not possessing any extremist propaganda or possessing any components used to build an explosive device.

He is also not allowed to contact victims' families or anyone who is believed to hold extremist views. He will be monitored by a parole officer and must complete counselling.

Reyat is set to serve the rest of his sentence, which ends in August 2018, at a halfway house. Storey said he could not disclose the location of the residence due to privacy legislation.

The parole board ruling for Reyat's release said a psychologist's assessment in 2013 found the man's risk was "relatively high" for future group-based violence and that he lacked remorse for the victims of the bombings.

"The loss of life had a profound and long-lasting impact on the families who lost their relatives in these incidents, and had far-reaching impact on people around the world," the decision said. THE CANADIAN PRESS

IN BRIEF

Police seek leads after man found dead in hotel

Homicide investigators are appealing to the public for help after a man was found dead in a hotel room in Langley.

Kevin Brunelle, 36, was found dead in the hotel where he lived and worked in the 20300-block of Fraser Highway last Friday.

Police say one day earlier, he was found in the alley behind the hotel suffering from injuries.

Brunelle was helped back to his room and was not checked on until the following afternoon, when he was found dead, according to police. THE CANADIAN PRESS

For transgender performer, 'my pen is my best friend'

Antonette Rea performs in Miss Understood.
CONTRIBUTED

ARTS

Antonette Rea tells story of oppression of queer identity

Graeme McRanor
For Metro | Vancouver

Before she was Antonette Rea, he was married with a family. But Antonette had always been there.

"I've had her within me since I was four," Rea says.

"My earliest memories. It's not something that all of a sudden happened. It was a daily battle within me between the sexes.

"I mean, I was the first guy in school to carry a purse. I got it the year after they decriminalized homosexuality."

But then his business went bust and his marriage collapsed.

"I was homeless, I was penniless, I had nothing left to lose. And I had to let Antonette out. I didn't have to be a father, or a parent, a coach or a figurehead. I could be me. And it's something that I had stuffed back inside a box in my mid-20s.

"I pushed Antonette away because of negative reaction from family. It's the most difficult thing to take when your family doesn't accept you," she explains.

"That's the reason for a lot of suicides amongst transgendered. It's often because the family won't accept them. It really hurts, because you're so happy. You don't have these secrets, you can be yourself."

But being herself wasn't easy.

"I got a lot more than I bargained for," she says.

"My mom said I should be locked up in a mental institution and the key thrown away. It's been that way for so long. I guess I was thinking, if she only knew me, maybe she'd love me.

"I suffered quite a bit. There's no role model for how to be (transgender). You're sort of alone, but surrounded by people who want to beat the f--- out of you."

Rea ended up in the Downtown Eastside, a drug addict and a sex worker. But she also started writing again, something she'd started back in college.

> **It's not something that all of a sudden happened. It was a daily battle within me between the sexes.**
> Antonette Rea

"As soon as I let Antonette out, I just felt like writing," she says.

"Poetry is what I'd been writing in my 20s, but my poetry, I haven't really been able to pigeonhole it, because it doesn't really fit into spoken work or slam poetry, or poetry written by those who have been schooled in it, which I call 'highbrow' poetry.

"Mine is non-fiction, I'm expressing stuff that's actually happened, and sometimes the facts supersede the choice of words." Now Rea has written, with James Fagan Tait, a show called Miss Understood, which she'll perform at the PuSh International Performing Arts Festival this week (Tait directs).

Using snippets from her life, the show, which she calls a history of Antonette, covers society's oppression of queer identity, the perils of sex work and the woes of addiction.

"I've always been a drama queen," she says with a laugh.

Yes, there is anger and fear, but there's also passion, humour and hope.

"My writing was a coping mechanism. I'd write a poem instead of beating my head against the wall. It helped me try to make sense of the adversity that was happening around me. I was in a serious depression. I couldn't walk a block without a derogatory comment. I loved when it would rain because then I could cry.

"I had resided myself to never escaping the Downtown Eastside. I was waiting to die. I was hoping to die."

Instead she got help, moved into a place where she felt safe, and got support from a surprising source.

"My daughter left me a note and she showed me unconditional love. In a depression, often you think that they're better off without you, and that nobody would miss you if you were dead.

"My writing became a healing mechanism once I got an opportunity to get out, to make my life something I didn't think was possible.

"My pen is my best friend."

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Don't harsh my cello, WestJet

TRAVEL

Musician told he cannot fly with valuable instrument

Thandi Fletcher
Metro | Vancouver

A Juilliard School cellist says WestJet's baggage policy is out of tune with the needs of musical travellers after the airline refused to allow his cello in the cabin, even though he bought an extra seat for the instrument.

Cellist Nathan Chan said he was traveling home to New York after visiting family in Vancouver for the holidays when his journey quickly hit a sour note.

The young musician said he booked his airline ticket through American Airlines but discovered that his trip, which had a stopover in Toronto, included a flight operated by Canadian airline WestJet.

Nathan Chan says **WestJet refused to allow his cello in the cabin** during a flight earlier this month, even though he bought an extra seat for the instrument. COURTESY JIYANG CHEN PHOTOGRAPHY

"I didn't really anticipate any difficulties because I've never had any problems with American Airlines," he told Metro. "But when I reached the airport, I attempted to check in ... and they said they don't allow cellos on board because they don't have a special restraint system for it."

"I didn't really anticipate any difficulties."
Nathan Chan

He said the WestJet employee told him he would have to forfeit the $250 US ticket he already purchased and check the cello, meaning the instrument would travel in the airplane's cargo hold.

For Chan, that wasn't even a remote possibility.

Nathan Chan says airlines have always allowed him to secure his cello using a **seatbelt extender.** COURTESY NATHAN CHAN

The fragility of his antique cello and bows, which together cost about $140,000, means storing it in an area that isn't temperature controlled can be very harmful, he said.

Fortunately for Chan, his family in Vancouver was able to return to the airport and keep the cello for him while he travelled to New York alone. His sister, who is also studying in New York, later brought the cello with her on another flight with a different airline at a cost of nearly $1,000.

A frustrated Chan described WestJet's policy as "bizarre," adding that he travels at least once a month for performances and has never encountered any such problem.

On other airlines, Chan said, he requests a seatbelt extender and secures the cello in the window seat. He then sits in the centre seat to avoid the instrument blocking anyone in an emergency situation.

Now Chan is trying to get a refund from American Airlines for the extra ticket he bought — but a month later, he said he is still waiting.

He said he hopes speaking out about his experience helps inform other musicians about WestJet's rules and hopefully encourages the airline to reconsider its policy.

In an email, WestJet spokesman Robert Palmer said the airline has no immediate plans to change the policy.

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CHILD WELFARE

New hope for the indigenous population in tribunal ruling

Assembly of First Nations National Chief Perry Bellegarde looks on as **Cindy Blackstock speaks about discrimination against First Nations children in care**, during a news conference in Ottawa, Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

The federal government discriminated against children on reserves in its funding of child welfare services, the Canadian Human Rights Tribunal said in a landmark ruling Tuesday.

The quasi-judicial body published its findings nine years after a complaint from the Assembly of First Nations and The First Nations Child and Family Caring Society of Canada, which argued the federal government failed to provide First Nations children with the same level of services that exist elsewhere.

In the decision, which is considered legally binding, the tribunal found First Nations are adversely impacted by the services provided by the government and, in some cases, denied services as a result of the government’s involvement.

“The panel acknowledges the suffering of those First Nations children and families who are or have been denied an equitable opportunity to remain together or to be reunited in a timely manner,” the ruling said.

Cindy Blackstock, executive director of the The First Nations Child and Family Caring Society of Canada, said the decision marks a great day for First Nations children and for Canadians who believe in justice and fairness.

She is urging the federal government to take immediate action, adding she will be watching to see how Prime Minister Justin Trudeau responds, given his commitment to implement all 94 recommendations from the Truth and Reconciliation Commission.

The Liberal government was not surprised by the ruling, said Wilson-Raybould, noting it is committed to acting on the child welfare issue and to working toward a nation-to-nation relationship with Canada’s indigenous peoples.

“This is a good day,” she said.

THE CANADIAN PRESS

The University of Calgary, one of the three recipients, will use the money to **allow researchers to continue to lead in near-Earth research on things such as the space weather dynamics that create aurora borealis.** AFP/GETTY IMAGES

RESEARCH

Space agency awards funds

Three Canadian universities are sharing $1.4 million in funding from the Canadian Space Agency.

Four awards have been given to the University of Calgary, three to the University of Alberta and one to the University of Waterloo in Ontario.

In a news release, the University of Calgary said the money will allow researchers to continue to lead in near-Earth research on things such as the space weather dynamics that create aurora borealis.

One of the projects will push for answers to questions about how space weather interferes with GPS signals.

KEY PROJECTS

The other three University of Calgary projects will focus on the high-energy electrons and other charged particles that rain down into the upper atmosphere during geomagnetic storms.

The average GPS user doesn’t usually see much impact from space weather, but there can be more significant effects in surveying, mapping, hydrography, aviation and military operations.

The University of Calgary said such space weather disturbances are a bigger problem for Canada than for other countries, because of the country’s northerly location.

“This latest CSA support enables University of Calgary researchers — focused on New Earth-Space discovery and development — to continue to lead internationally,” said Ed McCauley, the university’s vice-president of research.

“This research is resulting in better sensors and sensor webs for environmental monitoring and Global Navigation Satellite Systems as part of this key research priority.”

THE CANADIAN PRESS

IN BRIEF

LGBT Conservatives seek policy reform

A group of gay Conservatives want the party to change its stance on marriage equality and is asking interim leader Rona Ambrose for help.

The group, LGBTory, sent a letter to Ambrose earlier this month asking for her support in changing official party policy. That policy, re-affirmed in 2013, argues Parliament, not the courts, should define marriage. It also says that marriage should be the union of one man and one woman. METRO

Oxford dictionaries ‘sexist’: PhD student

Is Oxford Dictionaries perpetuating sexist stereotypes?

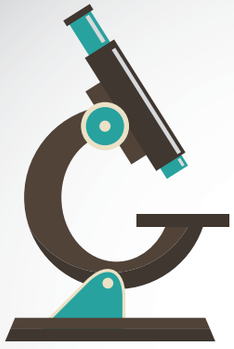
That’s the question asked by Memorial University of Newfoundland PhD student Michael Oman-Reagan, who has criticized the dictionary’s use of what he calls “explicitly sexist” examples.

The word rabid, for example, comes with the usage example “rabid feminist,” according to the entry at OxfordDictionaries.com, while grating is explained with the phrase, “her high, grating voice.”

Oman-Reagan, an anthropologist, also critiqued the examples used for words that don’t need to be gendered, such as housework (“she still does all the housework”), shrill (“the rising shrill of women’s voices”) and psyche (“I will never really fathom the female psyche.”)

“When Oxford editorially selects example sentences reproducing sexist stereotypes, they are making implicit, prescriptive statements about gender and language,” he wrote in a recent post at Medium.com.

TORSTAR NEWS SERVICE



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TRANSLINK

Rodrigo Fructuoso, 4, cuddles his sister Isabela, who was born with microcephaly, a rare neurological condition where babies have small heads and incomplete brain development. CONTRIBUTED

Thiago Fructuoso, a petroleum engineer living in northeastern Brazil, cradles his daughter, Isabela. CONTRIBUTED

A haunting diagnosis

BRAZIL

Family faces microcephaly, Zika virus

Last spring, weeks after moving home to Brazil, Larissa Fructuoso developed a rash, like "red needle points on the skin."

She and her husband Thiago worried — they were three months pregnant — but it passed and the rash was forgotten.

It was months later that they realized a mosquito's bite may have changed their baby's life forever. "(We got) a microcephaly diagnosis," said Thiago, a 31-year-old engineer. "The first reaction of the doctor was to ask us: did we get Zika virus?"

Zika is a virus spread by mosquito and first identified in Uganda in 1947. Since emerging in Brazil last spring, the virus has exploded across the Americas, spreading to at least 22 other countries and territories.

The symptoms tend to be mild and it's estimated just one in four people show signs of infection. There is no vaccine or treatment.

Microcephaly is a condition where babies are born with small heads and incompletely formed brains. It had never been linked to Zika until doctors started noticing a dramatic rise in babies with brain malformations.

When Larissa became sick, the couple's first fear was dengue, a potentially fatal disease also spread by the aegypti. The Zika diagnosis was actually a relief and Larissa recovered after three days.

"My friends living here ... they said 'That's OK. Everybody got Zika here,'" Thiago said. "It's not a big deal."

Later, with the microcephaly diagnosis, Larissa cried for days. The couple had no idea what it would mean for their baby.

Some babies with microcephaly grow up to have normal intelligence and development. Others suffer serious developmental delays, dwarfism or seizures. Dr. Gustavo Malinger, an expert, said babies he saw faced severe mental handicaps with "no chances of intellect."

As Larissa's due date approached, doctors prepped them for the worst. On Nov. 4, 2015, Isabela was born with no major problems. Her head circumference was 31 centimetres — just shy of the 32-centimetre threshold set by Brazil's health ministry in their definition of microcephaly.

4,000

Number of microcephaly cases since late October.

"My wife cried again," Thiago said. "It was real now and it was here."

Some doctors say Isabela's brain shows signs of malformation and will never reach the final stages of development. Others say it's too early to predict.

Isabela is developing normally for a three-month-old. She is crying, laughing and smiling — all good signs. TORSTAR NEWS SERVICE

What is being done

1 **Vaccines**: The U.S. is beginning research into a vaccine for Zika. However, vaccine development typically takes years.

2 **Troops**: Brazil's health minister says the country is sending some 220,000 troops to battle the mosquito blamed for spreading microcephaly — but he also says Brazil is "badly losing the battle against the mosquito."

3 **Flights**: Latin America's largest airline says it's waiving cancellation or flight-change fees for pregnant women who want to cancel flights to countries where Zika is present.

REFUGEE CRISIS

Denmark will keep seizing valuables

Danish lawmakers voted Tuesday to let police seize valuables worth more than $1,500 from asylum-seekers to help cover their housing and food costs while their cases are being processed.

After more than three hours of debate, the minority Liberal Party government's bill was adopted in an 81-27 vote, with the support of the opposition Social Democrats and the anti-immigration Danish People's Party — Denmark's two largest parties. Seventy lawmakers were absent.

Amendments were made, including raising the value of items asylum-seekers can keep from 3,000 kroner ($440) to 10,000 kroner ($1,500). That brings it in line with welfare rules for Danes, who must sell assets worth more than 10,000 kroner before they can receive social benefits.

Denmark received about 20,000 asylum-seekers last year, one of the highest rates per capita in the EU. "We are talking about a real exodus," said Martin Henriksen, immigration spokesman for the populist Danish People's Party. "More needs to be done: we need more border controls. We need tighter immigration rules."

Stephane Dujarric, spokesman for the UN secretary-general, criticized Denmark, saying people who make the effort to reach Europe "should be treated with compassion and respect" and with full rights as refugees.

Two small centrist parties and two left-leaning groups opposed the law. THE ASSOCIATED PRESS

"I think everyone should participate in this program. It is so useful. We are so grateful for having gone through it as a family."
—Susan Forster, Parent

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IN BRIEF

2 dead in Seattle shooting

Police say two people have been fatally shot and three others wounded by gunfire at a homeless encampment in Seattle.

Police were searching for at least one person connected with the incident. Roads in the area were closed.

THE ASSOCIATED PRESS

No sign of gunfire at Navy centre after report

Authorities found no gunman or signs of a shooting on Tuesday after receiving a report from a Department of Defence employee that shots had been heard at one of the nation's largest Navy medical facilities. The report led to the lockdown of the Naval Medical Center San Diego. THE ASSOCIATED PRESS

METEOROLOGY

Weather in Far East goes far south

After sweating through unseasonably high temperatures last week, residents of semi-tropical Thailand have had to scavenge through their closets for sweaters and scarves to keep the chill off their bones.

Much of the rest of Asia was also shivering.

In Hong Kong, the mercury dipped to its lowest in six decades. The rest of southern China also recorded unusually cold weather, with record-breaking low temperatures in many places.

In Vietnam's capital, Hanoi, the temperature dropped to 5.4 C, the lowest since 1977. Meteorologists said mountaintop snowfalls across a dozen northern provinces were unprecedented.

Temperatures in Bangkok, Thailand's capital, hit an unseasonably high 34.6 C on Saturday only to plunge to a low of 16.1 C on Monday. The weather was still cool on Tuesday, and Bangkok residents could be seen wearing jackets and wool caps.

Schools in Bangkok advised parents to bundle up their little ones with extra warm clothing.

At piers along the banks of the Chao Phraya River, where packs of dogs cozy up to friendly tourists and vendors grilling food, some canines were dressed up in old shirts and discarded blankets, the work of a kind volunteer caretaker.

In Japan, the unusual cold brought sleet as far south as Okinawa, a subtropical island, while Amami-Oshima island recorded its first snow in more than a century. THE ASSOCIATED PRESS

Varmints still rustling cattle

ALBERTA/SASKATCHEWAN

Stealing on the rebound as livestock prices spike

It's not the Wild West but there are still low-down varmints stealing cattle and reaching into the pockets of ranchers in Alberta and Saskatchewan.

Cattle rustling has been around for ages and police say it is on the rebound in the heart of Canada's cattle industry, driven largely by ranch hands stealing livestock at a time when prices are high.

"It's still a problem today. It's like any other property, if there's value to it people are going to steal it. In recent years the value of cattle has approximately doubled," said RCMP Cpl. Christian Reister, one of Alberta's two livestock officers.

The value of that cow grazing out in the field can range from $1,500 to $2,000 apiece, which makes them particularly attractive to thieves.

Reister, 45, said the number of missing cattle in Alberta rose from 575 in 2014 to 600 in 2015. Saskatchewan's numbers for last year aren't available but there was a sizeable jump from 600 in 2013 to 1,000 in 2014.

"Some of those stats in the increase in Saskatchewan can be attributed to producers paying a little closer attention to their assets and watching their numbers a little closer," said Reister.

The investigations are tough. Looking for a cattle rustler today isn't that much different than it was 50 years ago.

"I think there are a lot of producers who often have a few heads taken and they don't know," Reister said.

"It's some of the most difficult investigations that we do. We look for tire impressions, we look for footwear impressions, we look for gateways that are cut so at this stage in 2016 really our investigations haven't changed any."

Reister said if cattle are stolen police usually don't need to go much further than local cowhands or neighbours. "They're inside jobs primarily — employees — some of them are neighbours. In some cases they just live close to the individuals but in all cases they are people who do have knowledge of handling cattle," he said.

1 Cattle at the Strathmore Stockyards in Strathmore, Alta. 2 RCMP Cpl. Christian Reister, right, and Livestock Identification Services field supervisor Gary Guichon at the Strathmore Stockyards. 3 Branding irons hang on a fence at the Strathmore Stockyards.

ALL PHOTOS: JEFF MCINTOSH/THE CANADIAN PRESS

"It would be pretty intimidating for someone from the city that's never had an experience handling cattle to carry out that type of theft."

Making investigations even harder is the fact only about half of producers now burn their individual brands onto the sides of the cattle. It used to be an industry norm but without it rustlers have an easier time getting away with the crime.

Gary Guichon of Livestock Investigation Services, a private company contracted by the Alberta government to do cattle inspections, says cattle without brands automatically raise suspicions.

"Most livestock inspectors have local knowledge so in most cases they will have an idea of the guy bringing the cattle in," said Guichon, who has been inspecting brands for 34 years.

THE CANADIAN PRESS

IN BRIEF

Ford recalls pickups

Ford is recalling about 391,000 Ranger pickups because the driver's air bag inflators can explode with too much force and cause injuries. The recall covers 2004 through 2006 model years.

THE ASSOCIATED PRESS

Hilton eyes budget brand

Hilton is launching a new brand, focusing on budget travellers looking to spend $90 to $100 a night. Tru aims to compete with economy and midscale chains like Comfort Inn.

THE ASSOCIATED PRESS

market minute

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metro VIEWS
Your essential daily news
Wednesday, January 27, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I've never been a racist before, but I am now. It's 99.9 per cent foreigners in my neighbourhood. All the original Canadians have moved away. I feel hate and anger towards these people, and I can't deal with it. It would be very hard for me to move.

Dear Ellen,

I am a 68-year-old Canadian woman who has never been a racist before, but am now and don't know how to deal with it. I moved to northeast Calgary 15 years ago. Then a quarter of the people here were East Indians and Pakistanis but didn't bother me, but now it's 99.9 per cent foreigners and all original Canadians have moved away. Now I feel hate and anger towards these people and can't deal with it. It would be very hard for me to move.

Ivy, Calgary

Dear Ivy,

I suspect you have always been a racist but never had to admit it because you were hitherto surrounded mainly by people of your own ethnic group. Fortunately, for you and our troubled society, you're now fully aware of your racism and you want to address it.

Let's start by acknowledging a simple fact. Racism is not innate. It's passed on by ignorant people who are motivated by fear and hatred. It's like the good or bad table manners we learn through both instruction and example: If we're raised by gross, nasty, hateful pigs who don't care about anyone else as they greedily storm the trough, it's no surprise the next generation of pigs is going to be just as rude.

But for piglets who are exposed to more civilized behaviour, there's always hope for improvement. And, if your heart's in it, any one of us can improve at any age. The fact that you, Ivy, say you "can't deal with" your unpleasant feelings of "hate and anger" tells me you are motivated to change. So here's how to start.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange.

First, work on thinking more clearly. For example, when you say your neighbourhood is "99.9 per cent foreigners and all original Canadians have moved away," I suspect you're making the classic racist mistake of equating "Canadian" with people of a certain skin colour and presumed ethnic background, and "foreign" with people of a different skin colour and presumed ethnic background.

But that's not how it works. As you can see from my photo, I'm white, as were my dirt-poor immigrant maternal grandparents (who, coincidentally, settled a few miles outside Calgary, northeast of your own northeast hood). In other words, for all their pale, pasty complexions and flaxen-blond hair, my Caucasian Gramps and Granny were never "original Canadians." Similarly, though many racists disqualify darker-skinned peoples from native-Canuck eligibility, I doubt even the most racist Calgarian would dare label the Blackfoot tribes, who've been living for at least 10,000 years in what is now called Alberta, as "foreigners."

So your hierarchy of citizenship, and the colour-coded rubric that underlies it, is no excuse for racism. In fact, there is no excuse for racism. You know it's wrong. That's why you wrote the letter.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange to you. Their language, appearance, manners, the food they eat — it's human nature to feel threatened by things we don't understand.

But it's how we react that separates us from the pigs at the trough of Canada's bounty.

One solution is to make the strange familiar. Make an effort to meet a new neighbour and share a cuppa or a meal. If you're uncomfortable approaching strangers, contact a local group or religious community or write a letter to your mayor, Naheed Nenshi (an original Canadian who was born in Toronto), to ask for help in making contact.

It probably won't be easy. But it's bound to be easier than moving away, assuming you could even find and afford a safe, racist enclave full of people like you.

Thanks for writing, Ivy. It's always good for all of us to re-examine any racist impulses we might have, and I wish you luck in your future non-racist endeavours.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Something must change post-Yatim. Why not the law?

Canadian police officers who kill people in the line of duty don't tend to go to jail.

So when a jury convicted a Toronto police officer of attempted murder this week, the city's police union head called it a "chilling" message to officers. Media claimed the verdict would reverberate across the country.

But for criminal lawyer John Struthers, the ruling underlined something else entirely, something he's been advocating: the need for a new criminal charge aimed at police, which he'd call "police officer using excessive force, causing death."

"There has to be a change in the law if we're going to adequately supervise and discipline police officers," he said.

The verdict is being called a compromise between clearing Toronto Const. James Forcillo of all charges in the shooting death of Sammy Yatim and finding him guilty of the worst of them — second-degree murder. Forcillo is the 11th Ontario police office charged with manslaughter or second-degree murder since 1990 — and all the rest were cleared.

This seeming middle ground — a conviction of attempted murder — is based on the Crown's arguments that even if Forcillo was justified in the first bullets he shot at Yatim, a young man wielding a knife on a streetcar in 2013, he was not justified in subsequent bullets fired after the teen was already on the ground.

The verdict signifies what should already be blatantly clear: The public's trust in police is waning. Both Toronto's mayor and police chief used the ruling to point to the need for police reforms. Clearly, something must change. And why not the law itself?

The new law Struthers envision wouldn't include the same minimum sentences of a second-degree murder charge, leaving sentences completely to the judge's discretion.

Such a law would put the onus on society to define excessive use of force and state explicitly that police can be held culpable for it when it results in someone's death, Struthers argued.

In the Yatim case, the family is also suing Forcillo and the police force. But Struthers doesn't think the civil option is enough.

I agree. The jury may well have reached for some middle ground in dealing with police misconduct, and so should the Criminal Code. Murder does seem a severe charge for officers to face for actions they took on the job, especially a job defined by unpredictability and danger. But the power they wield cannot go unchecked. Society increasingly won't stand for it, and neither, apparently, will juries.

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Your essential daily news

Wednesday, January 27, 2016

Tired of parents wearing PJs and slippers, an English principal wants a dress code for adults dropping their kids off at school.

Your guide to Africa's regional dishes

EATING

A comfort food crash course in time for the dead of winter

It's finally feeling more like winter. Our stomachs are craving the warm and comforting flavours of African cuisine: slow-cooked meats spiced with vibrant paprika and turmeric; stews made of one of the few vegetables currently in season: onions; and vegetarian-friendly meals that are good for the body and the wallet in the new year.

To ease you into African cooking 101, here is a short introduction to the different regional cuisines of the continent, and spice blends to flavour your meats and vegetables.

North Africa

Countries include: Egypt, Tunisia, Algeria, Libya, Sudan, Morocco

Cooking here is highly influenced by Middle Eastern and European cuisine. Falafels made from fava beans rather than chickpeas are a staple in Egyptian street food; couscous is a must-have on Moroccan menus; and Arabic favourites like baklava and shakshouka are found in Tunisia. Staple ingredients include lamb, eggplant, beans and honey, similar to what you'd find in the Mediterranean.

What's unique is the tajine, a cone-shaped earthenware pot used to slow-cook meaty stews over hot coals (think a very early version of the Crock Pot). Tunisia is also home to harissa, a fiery garlicky chili paste that's popping up on menus this year.

Horn of Africa

Countries include: Eritrea, Somalia, Ethiopia, Djibouti

The horn refers to the peninsula that juts out to the east coast of Africa, and is the region that most Canadians associate with African cooking thanks to our obsession with stews sopped up with injera, the Ethiopian spongy and tangy flatbread made from a nutty and tiny red grain called teff.

Ethiopian and Eritrean cuisines are similar given that Eritrea was once part of Ethiopia: Both are heavy on hearty meat and vegetable stews served with injera but Eritrean cooking also incorporates tomato sauces (it was once under Italian colonization). Berbere is the quintessential spice blend made from a dozen spices including fenugreek, coriander, peppercorn, cardamom, allspice, nutmeg and cinnamon. It's used to add a fiery, oniony kick to dishes such as doro wot (chicken stew) and tibs (spicy fried beef).

East Africa

Countries include: Kenya, Uganda, Tanzania, Rwanda, Burundi, Madagascar, Mozambique, Comoros, Mauritius

The eastern coast of Africa includes more than a dozen countries that run along the Indian Ocean, in addition to the nations that make up the Horn of Africa.

Ugali is one of the most common dishes you'll find here, particularly in Kenya. It's a smooth and thick porridge made from cornmeal or millet that diners roll into little balls to go with nyama choma (roasted meat marinated in curry spices). If you want something fried, try mandazi, a crispy fried bread served by street vendors that's like the region's answer to doughnuts. Mozambique's cuisine has a mix of Portuguese flavour as piri piri sauce is a common condiment and is best exemplified in Galinha à Zambeziana: chicken cooked in coconut milk and piri piri sauce.

West Africa

Countries include: Senegal, Nigeria, Burkina Faso, Ghana, Sierra Leone, Ivory Coast

It's hard to narrow down the cuisine of 16 nations and territories, but there are some commonalities. Root vegetables such as cassava form the basis of fufu, a starchy ball of cooked dough originating in Ghana but widely eaten in the region. It's pretty bland to eat by itself so it's served as a side to soups and stews. Peanuts are a big part of many dishes as it's a major crop of Senegal including maafe, a popular spicy peanut stew of fish or meat with vegetables. Fish is also big given its proximity to the Atlantic.

Central Africa

Countries include: Central African Republic, Chad, Democratic Republic of Congo, Zambia

The food of Africa's heartland is similar to its neighbouring western region: cassava and plantains are made into fufu as a side for grilled meats, while chicken and okra are added to peanut stews.

In Bangui, the capital of the Central African Republic, there is a heavy French influence due to colonization in the late 1800s, so baguettes can be found as well. A staple in Zambia is nshima, a thick porridge made from ground corn meal that can be sweetened with milk for breakfast, or rolled into a starchy ball as a side like fufu. Ifisashi, another Zambian dish, consists of leafy greens like collards or spinach cooked in a peanut sauce.

South Africa

Countries include: South Africa

Given its long history of colonization and trade routes, the food of this region is shaped not only by natives, but also the Dutch and the British, along with Southeast Asia. Indigenous people cooked with pumpkin and beef while the arrival of the Dutch East India Trading company in the 18th century brought in slaves from Southeast Asian Nations, which brought the influence of curries and sambals, a pungent condiment made from chilies, shrimp paste, vinegar and fish sauce. The Dutch sausage, verse worst, is the ancestor to the more popular South African boerewors, a sausage typically containing a mix of beef and pork and spiced with a mix of coriander, nutmeg, allspice and cloves. Serve that at a barbecue with pap, a traditional polenta-like side made from ground corn served alongside soups and meats, and chakalaka, a spicy relish made from a mix of baked beans, carrots, tomatoes, chilies, and curry powder.

TORSTAR NEWS SERVICE

CONTINENTAL CUISINE

Culinary regions of Africa

At just over 30 million square kilometres, Africa is the second largest continent and second most populous with 1.1 billion people. A history of colonization dating back to ancient times from countries now known as Greece, France, Britain and Portugal, made a lasting impression on traditional dishes. In short, there's a heck of a lot of variation in local cooking and major regional variations in flavour. TORSTAR NEWS SERVICE

Fufu, a starchy ball of cooked dough often made with cassava flour, originated in Ghana but is eaten throughout West Africa. TORSTAR NEWS SERVICE

SPICE UP YOUR LIFE COMMON AFRICAN BLENDS

THE MIX: RAS EL HANOUT

TOP ROW (L TO R): cinnamon, mace, cardamom
MIDDLE ROW: tumeric, nutmeg, black peppercorn, paprika
BOTTOM ROW: coriander, cumin, cloves

THE MIX: BERBERE

TOP ROW: fenugreek, allspice, cloves, dried onion flakes
MIDDLE ROW: coriander, cardamom, ground ginger, cinnamon
BOTTOM ROW: nutmeg, black peppercorn, dried chilies, paprika

THE MIX: TUNISIAN BAHARAT

TOP ROW: dried roses
BOTTOM ROW: black peppercorn, cinnamon

THE MIX: TSIRE

TOP ROW: cloves, ground ginger, cinnamon
BOTTOM ROW: peanuts, nutmeg, dried chilies

THE MIX: LA KARMA

TOP ROW: cumin, nutmeg, tumeric
BOTTOM ROW: cinnamon, ground ginger, black peppercorn

THE MIX: DUKKAH

TOP ROW: cumin, coriander sesame, cashews
BOTTOM ROW: pine nuts, pistachios, hazelnuts

RECIPE

Add a spicy kick to your classic brownie

Mexican hot chocolate is a beloved beverage made from chocolate (no surprise there) combined with cinnamon and another spice or two to bring up the heat. The combination of spicy and chocolate just plain works, and we wanted to see how it would translate into another beloved treat, the good old American brownie. Again, it just plain worked.

Buy pure ancho chili powder for this recipe, which is made from the ancho pepper. It has a mild, slightly smoky and somewhat fruity flavour. Don't be tempted to substitute regular chili powder or chili spice blend.

Start to finish: 45 minutes
Servings: 24

Ingredients

- 3 cups (18 ounces) semisweet chocolate chips, divided
- 3/4 cup (1 1/2 sticks) unsalted butter
- 1 3/4 cups sugar
- 1 tsp vanilla extract
- 4 large eggs
- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 tsp baking powder
- 1 tsp kosher salt
- 1/4 tsp cinnamon
- 1/2 tsp cayenne pepper
- 1/4 tsp ancho chili powder

Directions

1. Heat the oven to 350 F. Coat a 9-by-13-inch metal baking pan with cooking spray.

2. In a medium saucepan over medium-low, melt 2 cups of the chocolate chips with the butter, stirring frequently. As soon as the mixture is smooth remove it from the heat. Stir in the sugar and vanilla, then beat in the eggs one at a time.

3. While the chocolate is melting, in a medium bowl mix together the flour, cocoa powder, baking powder, salt, cinnamon, cayenne and ancho chili powder.

4. After beating the eggs into the chocolate mixture, stir in the flour mixture until well blended. Stir in the remaining chocolate chips. Pour the batter into the prepared pan and smooth the top. Bake for about 30 minutes, or until a wooden toothpick or skewer inserted at the centre comes out clean. Cool completely. Cut into 24 squares.

THE ASSOCIATED PRESS

Valentine's Day may be meant for couples, but these brownies are meant for sharing. THE ASSOCIATED PRESS

Yukon pulls health PSA after mockery

OH CANADA

Campaign uses innuendo to remind people to take vitamin

The Yukon government's recent bid to ensure residents are receiving enough Vitamin D is getting a rise out of the social media masses.

The department of Health and Social Services recently rolled out a campaign exhorting residents of the sun-deprived territory to ensure they're getting enough vitamin D. But the kind of activity the campaign wound up promoting is arguably best accomplished indoors.

The department's "we all need the D" campaign, using a common slang term for the penis, quickly went viral and spawned giggly dismay across social media. Many of the comments voiced incredulity that the Yukon government could have committed such a gaffe without realizing how the message would be interpreted.

But the department itself says the campaign was not wholly accidental, adding the bid to target a younger crowd got a little out of hand. It tweaked the ad earlier this week in the face of the mockery.

I'm in my 30s,
who knew I needed
to do the D?
We need vitamin D to help our body use calcium and phosphorus for strong bones and teeth.
It is difficult to get enough vitamin D through food alone. You can take a vitamin D supplement or a multivitamin with vitamin D in it.
How do you do the D?
Yukon

Department of Health and Social Services renounce intentionally goofy campaign. HANDOUT

"When trying to reach a young adult audience, Health and Social Services often reaches for provocative and humorous messaging, to great success," the government said in a statement.

"However, what was considered cheeky messaging on our Vitamin D campaign escalated to ribald humour, taking the campaign into graphic areas that were never intended."

The original campaign consisted of a handful of posters asking what, in hindsight, proved to be some provocative questions.

One ad asked Yukon residents: "How do you do the D?" Another depicted a woman gazing at a plate of fish with the caption: "Need a little help... with your daily D?"

Another poster showed a man musing about how he managed to reach his 30s without realizing that he, too, needed to "do the D."

It didn't take long for the ads to arouse widespread mockery, with U.S. websites BuzzFeed and Jezebel among those posting items and weighing in with glee as social media users laughed at what they believed to be an oversight.

"Counting down to a population boom in the Yukon in 3...2...1," wrote one Twitter user.

"Do guys just naturally get the D?" quipped another.

The Yukon government ad now simply asks: "Have you taken your vitamin D today?"

While the campaign had some unexpected results, such as being mentioned in BuzzFeed, we definitely hit our target audience and beyond.

The Yukon government statement

And despite the embarrassment caused by the original campaign, the department maintained that it had left them more than satisfied.

"While the campaign had some unexpected results, such as being mentioned in BuzzFeed, we definitely hit our target audience and beyond," the statement read, going on to point out websites that prominently mentioned the real purpose of the ad blitz in their coverage. "This is the entire point of the campaign."

THE CANADIAN PRESS

YOUR *DINE OUT*™ DEBRIEF

If you haven't had a chance to partake in Tourism Vancouver's *Dine Out Vancouver*™ Festival, you better put yourself in faster gear and make those reservations. There are only five days left to try out one of the 288 participating restaurants, and a few of those delicious culinary events that are still to take place. This year is the biggest in the festival's history, which was started 14 years ago by the good folks at Tourism Vancouver with just 57 participating restaurants. Those juicy culinary events you've enjoyed (or look forward to enjoying) weren't added until 2010.

"*Dine Out Vancouver*™ Festival is Canada's largest celebration of eating and drinking, and it truly showcases the best that the city's culinary scene has to offer," said Lucas Pavan, festival coordinator since 2010. "It's a chance for everyone who loves food to create memories and stories and foster friendships across the dinner table." In fact, several of the visiting chefs for the Vancouver World Chef Exchange – the last dinner is Copenhagen at Royal Dinette on Saturday - have each suggested that Vancouver is a culinary gem just waiting to be discovered by the world, with incredible fresh ingredients, excellent farming practices, extraordinary talent in our kitchens, and a diverse multi-cultural mix that influences our flavours.

And what's a festival without prizes? Diners are encouraged to share their Dine Out stories. Posting photos and videos on Facebook, Twitter and Instagram, and tagging it with #MyDineOutStory, and #DOVF will get you an chance to win a restaurant gift certificate. There are daily prizes. So, forget the resolutions for a few more days and dine to your heart's content. More Details at **www.dineoutvancouver.com**

For the full details:
DineOutVancouver.com

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Project Based Language Training is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columia

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Report on Paris couture

Dior, left, featured embroidered silk gowns with "sensual, bare" accentuated shoulders in their show this week. At Chanel, right, a glimmering cape in lame and chiffon on model-of-the-minute Gigi Hadid added to the magical vibe. ALL PHOTOS GETTY IMAGES

Highlights from this week's SS 2016 collection shows

DIOR

Past remixed

Dior's first couture show since Raf Simons left took place on Monday — designed by "the studio," the house said.

In the clothes, the "spontaneous, relaxed Parisienne of today" mixed with the iconic styles of the 1940s and 1950s.

High-cut post-War shoes with occasional retro ankle bows accessorized embroidered silk gowns in freestyle volumes, often with "sensual, bare" accentuated shoulders. A couple of flapper-style lace, chiffon and tulle look also evoked the joyful feeling of the 1920s.

The studio team also set about experimenting with the famed bar jacket. It came in myriad forms: in tight, embroidered black wool, loose and white, open to expose the breast sensually, oversized and masculine, or as a beautiful dark navy wool coat.

There were also traces of the musings of past creative directors.

CHANEL

Eco couture

It was delicate couture magic with a hint of reality for Chanel. The sports-infused display saw sparkling smooth oval shoulders and curved collars define the silhouette on fastidiously embroidered gowns and skirt suits.

This curved esthetic — apparent also in oversize bulbous chignons, curved cork platforms and unusual double-eye makeup — was inspired by the 1932 cubist sculpture Head of a Woman by Pablo Picasso.

But this was very much a contemporary collection —an ecology-themed show that incorporated sustainable fabrics and took inspiration from the natural world.

YOU COULD WIN a double pass to the advance screening of PRIDE & PREJUDICE & ZOMBIES on February 3

To enter go to metronews.ca/contests

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No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON, and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty five (35) prizes are available to be won in each market, consisting of two (2) passes to a screening of Pride and Prejudice and Zombies on February, 3 2016. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Jan. 22, 2016 and closes at 11:59 pm ET on Jan. 29, 2016. To enter and for complete contest rules visit www.metronews.ca/contests

metro DRIVE

Your essential daily news

Can't miss these at the mall: Jerry Seinfield auctions off three porsches

A small crossover that's big on sass

REVIEW

Mazda CX-3 feels like a tall hatchback with AWD

Mike Goetz
For Metro Canada

Small crossovers are hot sellers, and more and more nameplates are joining the segment. Mazda's entry in this segment — the CX-3 — is more fun to drive than most.

This is not surprising, however, as it is not that far removed from the sporty Mazda2 hatchback it is based on. Actually, in dimensions and intent, the CX-3 is more like a tall hatchback with AWD, than a more legitimate attempt at a subcompact crossover, as exemplified, for example, by the likes of Kia Soul or Jeep Renegade.

But maybe you like your crossovers flavoured this tidy way? I do. The combination of a compact and perky engine, taught handling, and relatively light overall weight, translate to a car, err crossover, that is just plain great to drive.

Doesn't look too bad either, inside or out. The interior features a lot of different textures and colours and feels anything but subcompact. Mazda's consul-mounted controller is not my favourite way to navigate the infotainment sphere, but at least Mazda Connect is standard on all CX-3 models, to facilitate voice commands, and internet connectivity.

The Mazda2 origins mean the CX-3 is somewhat narrow and short. Wide people might be looking for more elbowroom up front, while people with any kinds of legs will look for more legroom in the back.

If you can do without all-wheel drive, the Mazda3 Sport (the hatchback) might be a better bet for families who prioritize interior space.

The CX-3's all-wheel-drive system is an all-new system that prioritizes weight saving. Mazda says it's about 20 percent lighter than its larger platform AWD systems. It keeps the vehicle in FWD until the front wheels start the slip, and then automatically engages the rear wheels.

When testing this vehicle in the off-road portion of the AJAC Car of the Year evaluations, I was expecting the CX-5's limited ground clearance to hold it back somewhat, and it did, but was surprised at how well it did otherwise in the dirt, and with considerably less body jiggling than the other competitors — a lower centre of gravity and lighter weight will do that for you.

Like most of its competitors, the CX-3 is fitted with tires more suited for communing than going through hill and dale, and would be the first thing you would need to upgrade if you're expecting your CX-3 to climb mountains.

All in all, the CX-3 is a success. It's not perfect but has a defined personality. Those who are drawn to this kind of crossover personality will like it a lot.

THE CHECKLIST | 2016 MAZDA CX-3

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 146-hp 2.0-litre I4
Transmission. Six-speed automatic
Price. Base $20,695 (plus destination)

COOL FEATURES

- Great driver's seat adjustability accommodates a wide variance in driver sizes.
- Adaptive headlights points low beams in the direction the driver intends to travel.
- Full suite of safety systems available, including brake support, blind spot monitoring, and lane departure warning.

MAZDA CX-3 PHOTOS: MIKE GOETZ/FOR METRO; ALL OTHERS CONTRIBUTED

MARKET POSITION

- Subcompact crossover based on the same platform as the Mazda2.
- Fast growing segment, popular with young couples and families, and empty nesters.
- As per Mazda's brand promise of zoom-zoom, one of the more lively vehicles in its segment.

POINTS

- Named AJAC's Best New SUV/CUV under $35K for 2016.
- Available in both FWD and AWD versions, the latter specially developed to retain lightness.
- High-tech engine features direct injection and high compression.

THE COMPETITION

Chevrolet Trax
Base price: $19,495

Nissan Juke
Base price: $20,698

Honda HR-V
Base price: $20,690

DETROIT AUTO SHOW

From dashboards to dashing dresses

One auto supplier is taking the term "ready to wear" to a whole new level.

Inteva Products commissioned a fashion designer to produce four gowns using the same thermoplastic material the maker of engineered components and systems places in the instrument panel surfaces of some General Motors vehicles.

The results were on display during a recent pop-up fashion show at the North American International Auto Show in Detroit.

Four models outfitted with formal dresses made from Inteva's Inteather strutted along a carpeted area.

The models strutted by GMC Yukon and Sierra vehicles, both of which feature instrument panel surfaces made of the thermoplastic olefin material, while dumbfounded attendees stared.

Inteather has the appearance of leather, but Inteva says it weighs less, lasts longer, and is recyclable.

THE ASSOCIATED PRESS

Models in formal dresses made from Inteva's Inteather strutted on a pop-up catwalk in Detroit. COURTESY INTEVA

IN BRIEF

GM debuts car-sharing, 'personal mobility' brand

General Motors said late last week it was launching a U.S. car-sharing service under a new "personal mobility" brand dubbed Maven.

GM said Maven, which will compete with services such as Zipcar, was operating in Ann Arbor, Mich., with the initial focus on serving the University of Michigan campus.

It will be expanded to major U.S. cities later this year, GM said in a statement. The U.S. auto giant said Maven will be a key part of its strategy to meet evolving transportation needs in a more tech-connected society.

GM previously announced an investment in ride-sharing service Lyft, and the acquisition of assets from another sector rival, Sidecar.

"GM is at the forefront of redefining the future of personal mobility," said GM president Dan Ammann.

On the Maven website, GM was offering mid-size vehicles for $8 US an hour or $56 US a day, including fuel costs. AFP

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Volkswagen

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'Fiata': The Japanese-Italian colab

NSX

A powerhouse sports hybrid

NSX is a hybrid, but it's about helping performance more than saving fuel: Promising a technological powerhouse, Honda has released most of the details about its hybrid 2017 NSX sports car. The original NSX, released 25 years ago, was the world's first all aluminum-bodied two-seat sports car. It was discontinued after the 2005 model year. Each new next-gen NSX will be effectively hand-built by a group of 70 technicians at a plant in Ohio. The high strength, low weight body will deliver "unparalleled platform rigidity."

'FIATA'

Passion meets efficiency

Already labelled "Fiata" by some industry wags, the Fiat 124 Spider is a new version of its legendary small two-seat convertible sports car. It combines styling queues from the original 124 Spider and a Fiat powertrain with its structure and underpinnings coming from the current generation Mazda MX-5 Miata. With Fiat style meant to recall the original Italian everyman's small sport-about, casual onlookers might be forgiven if they see more of Mazda's efficient little roadster, especially when seated inside: the interiors appear identical.

TEXT AND IMAGES BY WHEELBASE MEDIA

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

MX-5

Aftermarket could 'go wild' over Spyder, Speedster

Mazda turned up the wick on its already well-received MX-5 two-seat sports car at the recent Specialty Equipment Market Association (SEMA) show in Las Vegas, in November, showing two new design concepts — a Spyder and a Speedster — each designed to take the MX-5's lightweight and fun-to-drive mission "a step further" by reducing weight even more while accentuating open-air driving. Both models highlight "the core strengths" of the MX-5, in collaboration with various aftermarket parts suppliers and performance shops. "With the all-new 2016 MX-5, we have a clean sheet to show how the aftermarket can go wild on our flagship sports car while staying true to its mission," said Mazda's North American operations design manager Ken Saward.

LOCAL MOTORS

3-D printed car in the works

Arizona-based Local Motors could become the first company to bring a 3-D-printed electric car to market. The dune buggy-styled LM3D Swim demonstrates 3-D printing's speed and adaptability, as well as Local Motors' "form over function" styling ethos that they swear by. Since the car is 3-D-printed, one-off body shapes pose no obstacles.

IN BRIEF

Chinese-billionaire-backed company invests in electric

A new company from China wants to merge connectivity and cars into one: A Chinese-billionaire-backed company says it will invest $1 billion US in an American factory to assemble a line of electric vehicles. Bankrolled by Jia Yueting, a company named Faraday Future, based in Gardena, Calif., says it will build cars starting in 2017. Bloomberg news service quotes former Tesla director, now Faraday's senior vice-president of research and development, saying it will introduce its first car in two years and follow with a line of seven different vehicles. Nick Sampson said unlike current electric-vehicle makers, Faraday Future's business model isn't dependent solely on selling cars themselves, but includes unprecedented connectivity and autonomous-driving capabilities. He envisions "a rolling smart phone ... the revenue starts once you get the device in the owners' hands." AFP

THE OUTDOORSMEN'S GUIDE

B.C.'s amazing places

When it comes to outdoors destinations in B.C., Stanley Park is the tip of the iceberg.

Here are some of Destination B.C.'s most amazing places in the province.

Khutzeymateen Grizzly Bear Sanctuary, Prince Rupert
Travel in by boat or float plane and visit the area's more than 50 bears, who feed on salmon runs in the river estuary between May and September. Grizzly bear tours of the Great Bear Rainforest are also available by boat.

Tumbler Ridge and the Global Geopark
Located in the foothills of the Rocky Mountains, the former mining town of Tumbler Ridge is home to the UNESCO-recognized Global Geopark, a 7,722 square-kilometre showcase of the area's geological and cultural heritage — including dinosaur tracks and remains, and a top-notch museum.

Azure Lake – Wells Gray Park
Explore these mountains, forest and rivers in east-central B.C. by canoe or kayak. Home to 39 named waterfalls, including Canada's fourth-highest waterfall, Helmcken Falls.

B.C.'s hotsprings
Outdoor activities in B.C. aren't just about hiking, biking and snow sports. They're also a place to relax. As part of the geologically active Pacific Rim, B.C. has many hot springs to enjoy. Destination B.C.'s Hot Springs Circle Route features hot spring experiences from hot pools in natural surroundings to high-end resorts, including Radium, Ainsworth and Nakusp hotsprings.

Desolation Sound Marine Provincial Park
Just north of Powell River up the Sunshine Coast, Desolation Sound is a spectacular destination for boaters, canoers and kayakers.

ISTOCK

The area's 11 designated campsites make great jumping off points for hikers to enjoy the many beautiful trails and hikes in the region.

Try a multi-day kayaking trip along the coast, a tour with one of the local tour companies, or unique resort and spa experiences set in an unforgettable natural setting.

The Juan de Fuca Trails
Some of the best coastal hiking in B.C. is here, on the south western tip of Vancouver Island. At its western end, the Juan de Fuca Marine Trail hits Botanical Beach, where the shoreline features ridges of shale, quartz, and black basalt rock, framing one of the richest tidal ecosystems in B.C.

CONTRIBUTED

The fun of motorsports

There's nothing like the feeling of riding your motorcycle down a scenic highway, or driving your ATV down a forest-lined trail in the bush.

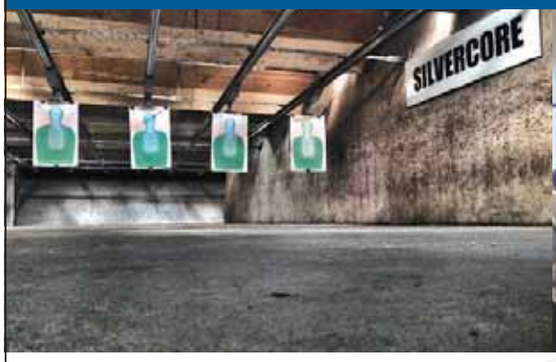
British Columbians are blessed with one of the best street riding areas North America has to offer, according to Alan Dekleer, sales and marketing manager of Holeshot Motorsports in Langley.

The shop caters to a wide range of customers and their diverse needs, from those looking for new riding gear, new or used motorcycles, ATVs and dirt bikes. They have the largest selection of new and used motorcycles in B.C., and an impressive selection of riding gear from all the top brands. It also provides service work for motorcycles, such as oil changes or new tires.

"Our customers are a wide-ranging group," says Dekleer. "We have first-time buyers who are looking to experience riding for the first time on the road or on the trail, but we also have a strong relationship with experienced riders who might be buying their 10th motorcycle or ATV."

When customers come in, Holeshot's friendly and knowledgeable sales staff help them find their perfect ride and matching riding gear. The store provides dirt bikes and riding gear for people of all ages.

"Sometimes we have people come in and purchase a set of dirt bikes or ATVs for their whole family," says Dekleer. "It's a great way to introduce your kids to the beauty of British Columbia."



Firearms safety is serious, but learning doesn't need to be done in an intimidating environment. Let Silvercore show you learning how to safely control and use a firearm can be enjoyable.

Silvercore prides itself on being the lower mainland's premier firearms training center, offering various courses out of Vancouver, Delta, Surrey, New Westminster, Langley, Abbotsford, Richmond, and more!

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SATURDAY & SUNDAY	FEB 6th & 7th	**CORE HUNTER**	JUSTICE INSTITUTE OF BC
SATURDAY & SUNDAY	FEB 6th & 7th	**CFSC/CRFSC**	CROATION CULTURAL CENTRE
THURSDAY & FRIDAY	FEB 11th & 12th	**CFSC/CRFSC**	LANGLEY
SATURDAY & SUNDAY	FEB 13th & 14th	**CFSC/CRFSC**	SILVERCORE OFFICE
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Safety, conservation and professionalism

Gun use isn't relegated to James Bond or Elmer Fudd. A widening range of people in the Lower Mainland are learning to shoot and hunt, and taking an interest in the history and pride behind firearms in Canada.

Firearms training company Silvercore Inc. offers live-fire, wilderness and occupational training courses in Langley, Delta, Victoria, Nanaimo, Abbotsford, New Westminster and other locations.

The company has seen many people from many different walks of life come through the door, everyone with a different need or interest that motivated them to come in.

"People who take our courses run the gamut from individuals who grew up hunting with their dads to young people who have never shot a gun in their lives but are looking to try something challenging and different," says Travis Bader, owner of Silvercore Inc.

For some who take Silvercore's classes, the interest is professional. Workers in the film industry may want the option to carry a firearm, whether they're crew working in remote areas of the province, or actors looking to learn a skill that will make them more employable, says Bader.

He also sees UBC and SFU students in geology, forestry and other natural resource industries, who are looking for training geared toward working in remote wilderness areas.

CONTRIBUTED

"The largest part of wilderness training is awareness and avoidance," says Bader. "There are many things people can do to avoid predators, but if they find themselves in a situation where they are in danger and have no other option, they can use a firearm responsibly to defend themselves."

The team at Silvercore are all outdoor enthusiasts. "Growing up, many of us spent a lot of time in the outdoors fishing, hiking, and hunting," Bader says. "We have a great respect and appreciation for wild animals and their conservation."

LEARN TO SHOOT

If you're looking to learn how to shoot, start with a reputable training company. Silvercore Inc. is the largest firearms training company in Canada, and offers many courses for people of all skill levels, tailored to many different types of shooting. Silvercore has invested a substantial amount of resources into creating online and in-person interactive training tools.

"We are aware that there are many different learning styles. Just recently, we have created an online course for our students so that they can study and learn at their leisure prior to attending the classroom instruction."

"Our online courses are an innovative teaching technique, and to the best of my knowledge Silvercore is the only company at present to offer this to the public. This is not a replacement for in-person training, rather an additional tool that students have access to prior, during and after taking a course with Silvercore, which goes to the heart of increasing personal knowledge, competency and public safety."

Silvercore is currently offering this online training aid for free for those who register for a related in-person course.

If you want to legally own a firearm in Canada, start with the Canadian Firearms Safety Course. Content includes safe handling and carry procedures, firing techniques and procedures, safe storage, display, transportation and handling of restricted and non-restricted firearms, and other key topics.

The company holds courses on a variety of skills including bear defence, handgun shooting and other live-fire courses, as well as self-defense courses.

Silvercore's expansive and professional facilities are based in several accessible locations. The company offers courses on weekends, weekdays and evenings. He and his team make it their mission to provide a safe, professional and welcoming teaching environment for every student. "It's an all-encompassing production," says Bader. "Our goal for students is that, upon completing their courses, they are able to feel comfortable picking up any firearm, safely clearing it, and using it in a fashion that would be safe for themselves and others."

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INSTRUCTORS THAT MAKE THE DIFFERENCE

A qualified instructor can make all the difference when you're learning how to own, care for, store and use a gun. Your instructor should have years of training, know the local gun community, and maintain current knowledge on laws and trends so learners can confidently leave the class with up-to-date knowledge.

"Just because your instructor is wearing camo doesn't mean he or she is qualified to teach a firearms course," says Travis Bader, owner of Silvercore Inc., a Vancouver firearms training company that offers live-fire, firearm safety, and wilderness training courses in Langley, Delta, Victoria, Nanaimo, Abbotsford, New Westminster and other locations.

The company has 22 highly skilled contract, full-time and part-time instructors.

Silvercore invests in its instructors to ensure they maintain a high level of training, with continuing education and in-house training.

The social atmosphere the instructor creates is also very important.

"I started Silvercore because I wanted to work in a place that had a enjoyable atmosphere for both customers and staff," says Bader. "Although people that take our courses are learning very serious subject matter, all of our instructors are very personable, passionate and they want nothing more than for the student to be successful in learning a safe and enjoyable skill. I think that sense of enjoyment and community comes through for our students."

Shooting sports: challenging and fun

There are many different types of shooting games out there, all of them quite different from the others and each requiring specialized skills and honed reflexes.

"The world of shooting is really, really diverse," says Irfan Usman, a competitive shooter based in Vancouver who trains and teaches at the Vancouver Gun Club in Richmond and recently earned a doctorate in mechanical engineering at UBC. "There's a huge number of possible competitive games you can play, with every type of action from pistol, to rifle to shotgun." Skeet, silhouette shooting, three gun and cowboy action are just a few.

Usman's sport is Olympic trap, where the shooter uses a double barrelled, break-action shotgun to hit a clay target fired from a launcher that flies out and away from the shooter, sometimes at more than 100 km/hr.

"It's like in tennis," says Usman. "You never focus your eyes on the racket. You focus your eyes on the ball only. The shotgun has to fit the particular shooter incredibly well, so that wherever they're looking is where the shot will fire."

CONTRIBUTED

In any moving-target gun sport the key is to always keep your eye on the target. "Allow your eye to be in a state of relaxed focus," says Usman. "Do not move when you first think you see the target…. Stay dead still, let your eye catch up to where the target actually is, and then lock onto the very front curve of that target…. You have to trust that your innate hand-eye coordination will know when to fire that gun."

INHERITED A GUN? YOU DO HAVE OPTIONS

When a loved one passes away, the last thing you want to think about is how to distribute, give away or sell their possessions.

But those who have inherited firearms also inherit the responsibility of them, and must become certified to keep those firearms legally within a reasonable amount of time, or give them away.

"If you've inherited a firearm, you have a right to that property," says Ryan Corbett, manager of Lever Arms, a gun store specializing in military surplus and historical firearms that has been in operation in Vancouver since 1949.

Options for dealing with an inherited firearm include selling it privately or by consignment, donating it, or undergoing training and certification so that you can retain it once you're properly qualified. Ammunition is still available for some historical pieces, so they can actually be put to use in the shooting range.

Guns can be precious items in a family, whether they're of sentimental or financial value.

"Many people who have inherited guns but don't want to keep them come to us and we help them connect with history buffs and sports shooters who will enjoy and care for them," says Corbett.

SHUTTERSTOCK

Recently the shop arranged the transfer of a collection of historic firearms to the Seaforth Highlander's Museum in Vancouver. "Now they can continue to tell their story," he says.

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Although many shooting competitions take place on the international stage, informal shooting sports are enjoyed by millions of Canadians, including these trap shooters at the Vancouver Gun Club. CONTRIBUTED

Your first time at the range: What to expect

Because firearms involve special care and legal considerations, going out to the shooting range requires shooters to follow particular steps.

"Going to the range becomes a ritual,' says Daniel Fritter, editor of Calibre Magazine in Vancouver, who regularly goes out shooting at clubs around the Lower Mainland.

Get your firearms ready to leave the house

Take your firearms out of their locked room, case or gun safe and check to make sure all are unloaded before you put them into cases. Restricted firearms also need a trigger lock. Don't forget your license and registration certificates.

Pack ammunition, targets and other accessories

Pack the ammunition for each firearm, making sure to bring the correct calibre for each gun. Costs vary greatly, from about 10 cents to $10 per round. Your targets can be paper targets, steel gongs, clay targets, or improvised targets like pop cans.

Pack ear and eye protection

Whether you go with active noise-cancelling headphones or foamie earplugs, ear protection is very important. "Guns are loud — ridiculously loud," says Fritter. Wear your safety glasses or sunglasses too.

Unpack and set up

You can only handle firearms on the range if a red light or flag is present. A green light or flag mean the range is inactive.

Take your case to the firing line and open it so that the firearm leaves the case with the muzzle pointed downrange.

Shoot!

Keep your finger off the trigger until you want to shoot, and always keep the gun pointed in a safe direction — downrange.

Breathe and relax. Fritter suggests saying the steps out loud: "Load the magazine, close the action, ensure firearm is properly held to the shoulder or gripped in the hands, check sights, place finger on trigger, squeeze."

Clean up

When shooting is done, the guns must be unloaded, locked and cased at the firing line when the range is active.

All expended casings must be swept up and disposed of, and the range left in the same condition it was when you arrived.

Back home

Many gun owners will take this opportunity to clean any firearms that were shot, so that they can be stored cleaned, and oiled before they're placed back in storage.

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Let B.C. grizzly bears change your life

When you encounter a grizzly bear up close, the thrill is one of the most exhilarating experiences you can feel in the B.C. wilderness.

British Columbia's grizzlies have a majesty that you can't fully comprehend until you've experienced it first-hand, says Peggy Zorn, co-owner of Ecotours-BC. She and her husband, Gary Zorn, lead specialty nature tours for small groups in the Cariboo Mountains, an ancient old-growth rainforest with a diverse array of wildlife.

The experiences Ecotours-BC offers there are utterly unique, all based out of the picturesque Pyna-tee-ah Lodge. Their "Bear Whisperer" Grizzlies and Salmon the Cycle of Life tour has been recognized by Destination Canada as a Canadian Signature Experience, a rare experience that shows travelers the best Canada has to offer.

"When people take a tour with us, it's an experience they never forget," says Peggy. "Our bear and wildlife viewing experiences immerse you completely into nature, giving you lifetime memories and even life-changing moments. It's pure joy."

Most tours are multi-day packages with intimate groups of about four people per guide, and include grizzly bear and wildlife tours, a multi-day kayaking tour, birding adventures, world-class fly fishing and other once-in-a-lifetime experiences in the B.C. wilderness.

Ecotours-BC's grizzly bear tours are the only tours in the province that follow grizzlies through three seasons: spring, summer and fall. Gary, who leads the tours, has a passion for the big bears and has devoted his life to studying and communing with the grizzlies. He has more than 30 years of experience to share with visitors about the unique habits, temperaments, family units and colorings of the local animals. He has been called "the Bear Whisperer" for his ability to interpret grizzly body language and communication.

CONTRIBUTED

"In the fall, we take people up the river and then we get out and walk down through the grizzlies with waders. They're in there after the salmon," Gary explains. "It's an amazing opportunity for guests to watch and photograph them. We're the only tour company that offers this experience."

Ecotours-BC is located near the old gold rush village of Likely, about an hour drive northeast of Williams Lake, B.C. and a seven-hour drive from Vancouver. You can also fly from Vancouver/YVR to Williams Lake airport. Tour reservations are required.

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Who is the Canadian gun owner, really?

Popular culture has created many stereotypes about the average gun owner, but that's just what they are — stereotypes.

The truth is that gun owners in Canada today are sports enthusiasts, hunters, history buffs, and conservation-conscious individuals who shoot and own guns for many different reasons, and vary widely across ages, genders, cultures and professions.

"We want to dispell the misconceptions about firearms owners in Canada," says John Hipwell, co-owner of Wolverine Supplies, an online gun and supplies store based in Manitoba that is one of the largest independently owned gun shops in Canada.

"Gun owners are some of the most law-abiding people in Canada. To get and keep a gun license you can't have a criminal record, and the RCMP frequently checks your record to make sure it stays that way. It's a process that very quickly weeds out anyone who might want to own a gun for illegal purposes."

Reasons people purchase their first gun vary greatly, Hipwell says. The general categories are recreational shooters, hunters, and collectors.

CONTRIBUTED

Recreational shooting has been the biggest growth sector lately, with the growing 18-34 demographic showing an increased interest in alternative action gun sports including IPSC, 3-Gun, Cowboy Action, and other exciting gun sports make shooting into fast-moving competitions.

Hunting trends are changing too with the rise of the locavore movement.

"Those who 20 years ago might not have been as conscious about where their meat came from are now looking to find out more and be a part of hunting that meat and bringing it home," says Hipwell.

CONTRIBUTED

A smaller, dedicated subset of gun owners are collectors and historians. Collections of firearms are hugely important from a historical standpoint. Some collectors have hundreds, each one of which tells a story.

Canada's history can be told through its firearms. Eras that are collected include Hudson Bay trade rifles, rifles of the North West Mounted Police (forerunners of the RCMP), and firearms from the Boer War, World War I and World War 2, the Korean War and more.

"If only they could talk," says Hipwell.

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LIFELONG LOVE OF SHOOTING

Families that play together, stay together. Shooting is a recreational outdoor activity that, when done safely and responsibly, can be fun and engaging for the whole family.

"Shooting brings together generations," says Shane Mathieson, co-owner of Reliable Gun, a gun shop in Vancouver. "There was someone in our store today who was 90 years old wanting a new 22" for his great grandchild."

Reliable Gun is a locally owned and operated firearms shop on Fraser Street in Vancouver. Started in 1950 by Mathieson's grandfather, Reliable Gun has served generations of Vancouver families.

Shooting is a highly accessible sport because people of all ages, sizes and physical abilities can get involved, Mathieson explains.

"I've been shooting since I was five years old and I'm sure I'll continue until I can't hold a gun anymore."

Safety precautions are very important at any time, and deserve extra care and attention when children are present.

"Sharing the sport of shooting with children requires strict safety practices at all times, but these lessons also provide important teachable moments that help a child feel trusted and responsible, and can be very positive formative experiences."

An individual should be using a gun that works well for their size, strength and purpose. The friendly, knowledgeable staff at Reliable Gun are always ready to help customers find the firearm best suited to their needs.

"With something like a 22" a six year old under supervision can shoot this because there's less recoil and less report — noise from the shot," Mathieson explains.

"Shooting crosses all cultural boundaries and age gaps — in some sports you seem to see more separation of different cultures, but when you're at the shooting club, everyone shoots together."

With more and more young people getting involved in the shooting hobbies and sports, the stereotypical image of a Canadian gun owner is also changing. CONTRIBUTED

There are many different activities families can engage in, depending on skill level and interest. Trap shooting is a shotgun sport where the shooter breaks clay disks after they're thrown into the air. With pistol shooting there are several games that a group can engage in, including rapidfire pistol, bullseye pistol, slowfire pistol, ipsc, and ppc.

No matter the sport, shooting is a great way to bring generations together.

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Following the fish

The province is home to some of the most spectacular fishing experiences, and it doesn't stop with the fall salmon run.

"There is fishing throughout B.C. all year round," says Owen Bird, executive director of the Sport Fishing Institute of British Columbia. "If you are determined to go fishing somewhere in B.C., it doesn't matter what time of year it is, you'll be able to find some."

Salmon are a huge part of that, with most species, such as sockeye salmon, coming back up the rivers in early August. But some species come back at other times of year.

"The chinook salmon is often called the spring salmon because it comes back in the spring rather than the fall," explains Bird. "And right up to December there's coho salmon that come up parts of the Fraser River and the Harrison River."

Salmon are anadromous, meaning they spend part of their lives in fresh water and part in salt water. "It's something that's very normal in a B.C. person's experience," but is actually quite unusual around the world, says Bird.

ISTOCK

In contrast, there are many fish that spend their time solely in B.C.'s fresh water bodies.

"There's tremendous rainbow trout fishing in the interior of B.C. in lakes, rivers and creeks year-round," he says. Many of B.C.'s lakes are frozen in the winter, but that doesn't stop ice fishers.

The ocean is a rich source of fish year-round too. February first will mark the beginning of halibut fishing season off the west coast of Vancouver Island. B.C. is also home to 22 species of rockfish, including ling cod and yelloweye rockfish. Salmon can also be found in the open ocean, as can prawns and crab.

HOW TO OBTAIN A FIREARMS LICENCE

Collecting, caring for and shooting guns brings enjoyment to many people of all ages and cultural backgrounds in Vancouver. But before you can own a firearm in Canada, you must obtain a Canadian firearms license.

"People have misconceptions regarding how easy it is to acquire a firearm lawfully," says Tony Iannella, owner of T&T Arms, a gun shop in Oliver, B.C. "Most think anyone can just go and purchase one, but that's simply not the case." The most basic form of firearm license in Canada is a non-restricted license, also known as a PAL (Possession and Acquisition License), which allows you to legally own and use a shot gun and most rifles, which are considered non-restricted firearms. Additional qualifications are required to possess and use restricted firearms, including handguns.

CONTRIBUTED

Take an accredited course

The first step is to take a firearms basics course with both practical skills and theoretical knowledge about safe practices for firearms use.

Submit your application

Only once you pass an accredited course, are you given the paperwork to submit your application.

Complete it and submit it, along with character references and fees for background checks and processing. Licensing takes between one and four months to process.

Expect regular RCMP monitoring

Once a person has a firearms license, the RCMP database screens his or her criminal record daily. Even speeding tickets show up.

Any violent or serious crimes will result in firearm confiscation and firearm prohibitions.

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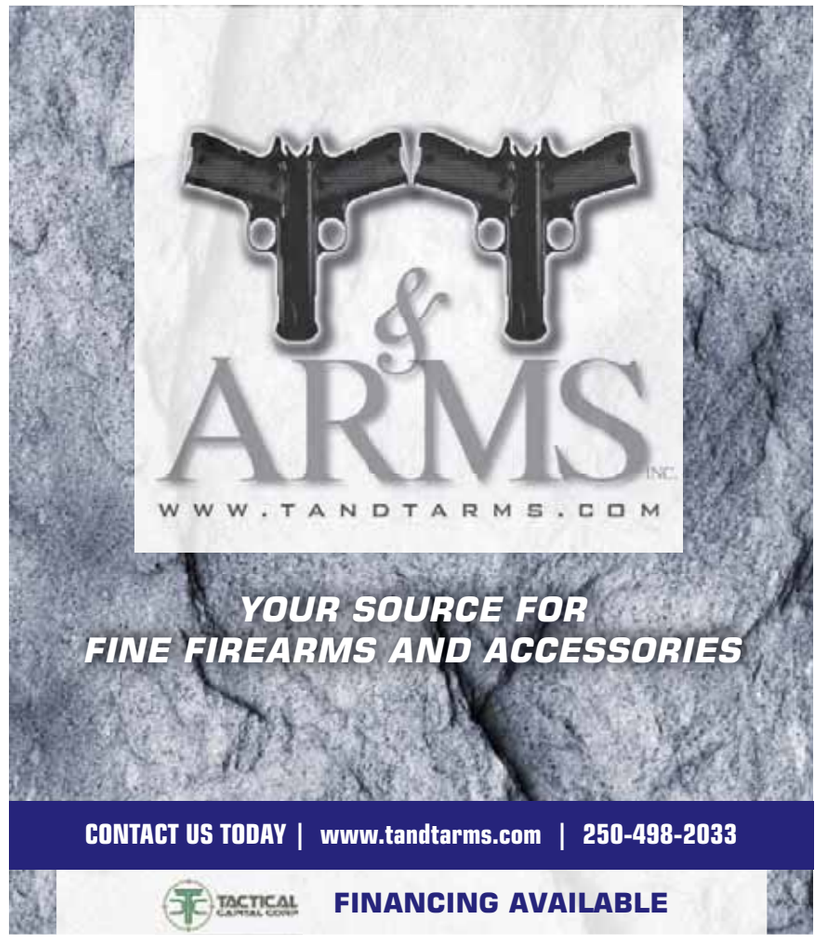

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Hunting a draw for B.C. urbanites

More Lower Mainland urbanites are getting into hunting, according to Cheryl Johnson, director of operations at the BC Wildlife Federation.

The BC Wildlife Federation is the oldest and largest conservation organization in BC, with initiatives dating back to the 1890s. In 2016 the BCWF will be celebrating its 60th anniversary. Currently the federation has more than 100 affiliated clubs across the province and almost 50,000 members who put more than 300,000 hours toward stewardship activities annually throughout B.C.

"Hunters and anglers are the original conservationists and we work diligently to support a variety of species and ecosystems," says Johnson.

The federation delivers 10 fish and wildlife conservation education and outdoor skills programs throughout the province.

The CORE (Conservation Outdoor Recreation Education) Program is B.C.'s official hunter education program, available in a classroom setting or online. The CORE certificate is a requirement for a hunting license. In the course, students learn about animal and bird identification, ethics, first aid and survival skills, laws and regulations, and firearms safety. In 2015, more than 50 per cent of CORE graduates were women and youth.

The New Hunter Bootcamp, delivered by BCWF Region 2, is an intensive hunter training program held annually in the Lower Mainland. Students practice everything from how to set up a wall tent and how to pack a backpack, to how to field dress an animal. "Parents will come with their kids, or women will come and do it as a group. They've had several participants who have been vegetarians who wanted to start eating meat, but be in control of their meat harvest experience," says Johnson.

The BOW (Becoming an Outdoors Woman) program is for women ages 19 and older to learn outdoor skills like riflery, archery and wilderness first aid, in a fun and non-intimidating weekend getaway environment.

The Go Wild! program teaches youth 12-19 the importance of conservation through a week of ecology education, talks by people in outdoor-oriented careers, orienteering, and personal projects.

"More and more British Columbians are concerned about where their food comes from. They want to harvest their own game to feed their families while connecting sustainably with nature," Johnson says. "The BC Wildlife Federation is proud to support that."

Although it may look militaristic in nature, the AR-15 pictured here is a semi-automatic rifle, no different in terms of function than hundreds of thousands of more socially-acceptable hunting rifles. However, they remain restricted firearms in Canada, and cannot be used anywhere but at a sanctioned gun range. CONTRIBUTED

DEMYSTIFYING THE SEMI-AUTO FIREARM

Contrary to popular perception, semi-automatic firearms are not a new technology, and have been used safely and reliably since they were developed more than 100 years ago.

"We're living in a culture that's been highly influenced by the popular perception of semi-automatic firearms," says Chris Youngson, owner of Canada Ammo, an online firearms retailer that sells firearms across Canada.

Semi-automatic guns include rifles like the SKS, the Swiss Arms, and the CZ858, as well as rifles including the AR15 and AK47. Many are categorized in the restricted class of firearms in Canada, but most, like the SKS, are non-restricted.

Anyone who wants to own and use one must go through many steps and screenings in order to obtain a license.

"We seem to have this idea that somehow because they're semi-automatic, they're more dangerous, but this is purely perception," says Youngson. "In fact they tend to be less powerful than other guns that have the reputation of being more run-of-the-mill, such as hunting rifles."

Semi-automatic firearm technology was developed in the United States in the early 1900s as a way to provide easy, nearly instantaneous reloading, by automatically ejecting the spent cartridge, loading a new one into the firing chamber, and re-cocking the firing mechanism.

"Semi-automatic firearms are a bit like steam engines — a tried-and-true technology," says Youngson. "Plastic started being used in gun construction in the 1950s, not much technological change has happened since that era."

Semi-automatic rifles and handguns in black and plastic are the fastest-growing part of the market, and although they might look a little different on the outside to suit current trends and manufacturing needs, they operate the same as a semi-automatic gun that has been around since the mid-20th century.

The uses and safety standards for semi-automatic firearms are identical to those for bolt-action firearms.

"When most Canadian owners of semi-automatic firearms use their guns, it's to go to the range and shoot at targets, although they are widely used for hunting, too," Youngson explains.

"Most people enjoy the marksmanship, and we're seeing more and more recreational shooters coming in, many of whom are urbanites who are just looking for recreation that's fun and challenging."

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The scene inside of Wanstalls — a firearms retailer based in Maple Ridge. CONTRIBUTED

Bring peace of mind to the wilderness

Guns aren't just for recreation. A surprising number of occupations employ them as a necessary part of their day-to-day work.

"Workers across many professions in B.C. use guns as part of their livelihood," says Craig Jones, co-owner of Wanstalls, a firearms retailer based in Maple Ridge. "These are individuals who carry one or more guns because they need to. That's how they're paying their mortgage."

Individuals in occupations that take them into the B.C. wilderness have a rare but dangerous chance of encountering large predators, including bears and cougars. Many carry guns to protect themselves from the potential danger. Experienced outdoor guides, prospectors, loggers, geologists, cartographers and trappers all require the use of a gun.

The requirements are different, depending on the occupation, and the licensing rules are stringent.

These are facets of gun ownership that the firearms experts at Wanstalls help their customers navigate.

"Many people come in looking for help finding the right firearm for their occupation," says Jones. "We've seen it all — gold panners, mining prospectors, adventure-tourism guides. So we have a very good idea of what our customers are going to need, and can help guide them through the process of finding a firearm that's right for them. If in the performance of your duties you need to carry a gun, we'll work with you to find one best suited to your needs."

Geologists who spend significant time in the field sometimes carry firearms. Often dropped off by helicopter in some of the most remote parts of B.C., where the nearest dirt road may be a four-hour helicopter ride away, geologists rely on being prepared in the wilderness, Jones explains.

Someone in an occupation like this, who spends most of their time walking long distances, would likely use a large gun of heavy calibre that would be effective on bears or cougars. On the other hand, a gold panner might have a handgun on their hip while they're gold panning.

Trappers will carry shotgun for large predators, and a smaller-calibre firearm to dispatch smaller animals for their furs. Lower-calibre rifles damage furs the least, Jones explains.

Not every wilderness worker qualifies to carry a large firearm under the current rules, so Wanstalls works with manufacturers to get those who don't qualify for a large firearm a shorter gun that is still of large calibre that will help protect them in the wild.

THE CALL OF DUTY BEYOND THE 9-5

Being prepared for the job is a matter of duty for Canadian military, law enforcement and security officers. And that means carrying a firearm that will help them serve and protect. Off hours, officers often look to shooting ranges and other supplementary training to keep their skills sharp.

"Law enforcement officers will come in to get their own ammunition to practice with," says Craig Jones, co-owner of firearms retailer Wanstalls. "Many want to train to a skill level above and beyond the minimum needed for their work, so they'll do training on their own time."

This is true for police officers from across the Lower Mainland, he says, but is also true for military officers. He recalls that military officers on leave from their posts in Afghanistan, before Canadian Forces left the country in 2014, would come back into Canada between deployments, and would come into Wanstalls looking for firearms similar to the ones they used overseas, and they would practice to maintain their skills.

For these professions, firearms are the bread and butter. How to operate them is a basic skill relevant to the job, and those who have firearms training and certification have skill sets that are highly valued.

A retailer like Wanstalls can be that crucial in-between party that stays up-to-date on new products, new laws and other key information for the gun holder, helping professionals who carry firearms keep their skills sharp.

Staying on top of legal changes

CONTRIBUTED

Gun wholesalers, retailers, and manufacturers are always on top of the trends. They have to be, says Craig Jones, co-owner of Wanstalls, a firearms retailer based in Maple Ridge.

"We rely on the sale of firearms to make a living," Jones says.

But sometimes laws about firearms in Canada change, and those changes can cause some firearms to become illegal in certain circumstances when they weren't before. Gun owners need to stay on top of the shifting sands of legality in order to ensure they're abiding by the law. "As retailers, distributors or manufacturers, changes to laws affect us first, so we make it our responsibility to stay on top of industry trends and any new firearms laws coming down the line that will affect our customers," Jones explains. Wanstalls supplies guns for many different purposes, including casual and sport shooters, guides, hunters and trappers, military and police agencies and more.

"We have to make sure that we're cognizant of the laws and articulate that to our customers so they find themselves in compliance, not on the other side of the fence," he says. "It's a tight knit community and a switched-on community politically, because they need to be," Jones explains.

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No more pink accessories

Women are one of the fastest growing demographics in the gun market.

Gone are the days of the pink glock, pink accessories and other pink shooting paraphernalia (yes, these exist). But that doesn't mean women tend to want the same things that men do when shooting. The increasing demand for guns and equipment to suit women's bodies and preferences is slowly changing the products available in the marketplace.

"Guns are very personal in how they fit in your hand and your height, and how they look to you. Women tend to prefer guns with smaller grips that actually fit their hands. They want something sleek, functional and practical," says Rebecca Loong, management at Eagle Hunting Supplies, a gun shop in Richmond. "Usually they're looking for something simple that does the job."

Not that that means women want to shoot children's guns. "Women don't want to shoot smaller calibres," Loong explains.

Advertising in the industry is changing too. We're moving away from the bikini-clad woman holding guns, and moving to more gender-neutral advertising.

ISTOCK

Activiites in the local gun community are increasingly geared toward women too. There are ladies' nights at certain ranges, and most gun shops now have at least have one woman employee.

Eagle Hunting Supplies just recently sponsored a women's only shooting match, supplying guns and ammunition for a women-only crowd of competitors. "It was a really popular event. We're slowly moving toward a more balanced sport."

THE PERFECT GEAR FOR EVERY SHOOTING SPORT

More and more people are finding themselves captivated by the shooting sports.

It is easy to see why, according to the team at Firearms Outlet Canada, a firearms store in Ontario that sells firearms and all pertinent accessories and equipment in its Ajax location and through its webstore to customers all over Canada.

"The fastest growing market in the shooting sports is the recreational sport shooter," says the FOC team. "We're seeing a lot of people, both young and old, who are interested in taking part in the dynamic, fast-paced shooting sports because they want a challenging arena to hone and demonstrate skill, discipline, and mental acuity."

Every target shooting sport has a wide variety of firearms to choose from, and factors like fit, weight, form, and function can make a big difference in your performance.

"The target shooting sports are an exceedingly fun challenge," says Fred Pellegrino, owner of FOC. Some of the most popular shooting organizations that his customers participate in include IPSC, IDPA, and 3-Gun competitions.

CONTRIBUTED

Firearms Outlet Canada sells a wide selection of handguns and rifles. "AR-15 rifles are particularly popular," according to the guys at FOC. "No matter what the activity or sport, we help our clients find the ideal firearm within their various constraints, assist them in making the correct decision and help them feel confident in the products they're taking to the range," says the FOC team.

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Prohibited-class guns: A primer

Prohibited guns are some of the most intriguing and enjoyable-to-use firearms, according to Philip O'Dell, owner of O'Dell Engineering Ltd., a firearms and ammunition wholesale company.

A collector of historic military firearms that are now classified as prohibited, O'Dell has competed with these firearms, displayed them, and trained hundreds (including UN Multinational Observers of the Canadian Forces) in their features, characteristics and use.

Due to the prohibited classification of these guns in Canada, O'Dell Engineering can't sell them, but the company assists estates with the special knowledge and handling these firearms require to ensure they are not seized and their value lost to the remaining family.

The "Prohibs" include historical, valuable and rare fully automatic firearms that are ex-military or law enforcement guns.

Of lesser value, but also collected, are the converted firearms, which can also be historically significant and much sought after.

Handguns require 4.2" or longer barrels to be restricted rather than prohibited, which can create some particularly odd looking firearms. CONTRIBUTED

The prohibited long gun class was created based largely on appearance, and tend to be semi-automatic firearms of common calibres.

The class of prohibited handguns are often historical and have smaller grips well-suited to women.

"The prohibited classes are all collectible guns that are possessed by people who enjoy them legally," says O'Dell. "They're extremely valuable to their owners, who care for, restore and maintain them. Unfortunately the children of prohibited-gun owners are not allowed to carry on the tradition, as these guns essentially cannot be inherited," he says.

HANDLING AND SAFETY PRACTICES PARAMOUNT

Guns aren't what they appear to be in the movies. Firearms are not about glamour and not about crime, says Paul Baker co-owner of Poco Military and Outdoor Supplies in Langley.

"Rather it is about friends and families coming together to enjoy and practice a sport which can be participated in right up to Olympic level," Baker says.

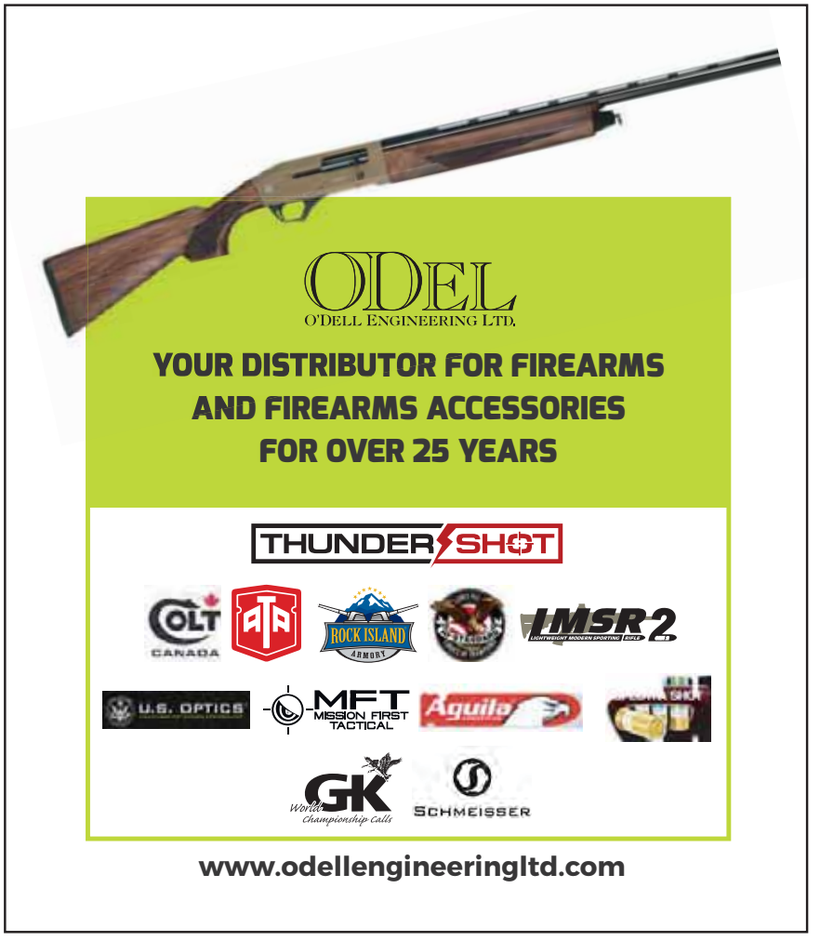
Gun culture needs to be demystified, according to Baker, and that means allowing Canadians of all ages, especially young people, a greater understanding of the safety practices around them, and of the rigorous laws involved in owning and using them.

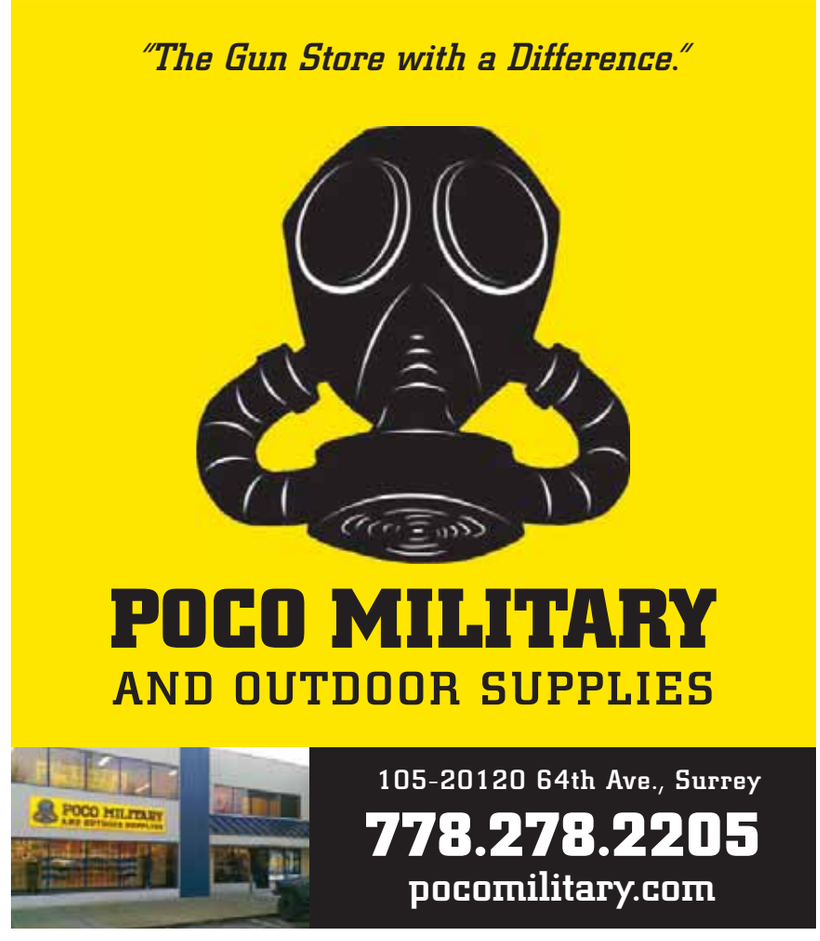
"If information about gun safety were shared better in the community, it would give people a better understanding that would allow them to better reduce accidents," says Baker. "Guns should be treated with respect, and sharing knowledge about them is paramount."

The laws around owning and using firearms are strict, and put guns into three distinct categories. The non-restricted class includes shotguns and rifles. The restricted class includes handguns and some long guns. And the prohibited class includes many handguns and all fully automatic weapons. Each class has its own very particular set of regulations.

A key component in firearm safety is maintaining good control of the muzzle's direction, even when the firearm is not in use. CONTRIBUTED

"Not informing the public about guns only allows misinformation and fear to spread," says Baker. "Instead we need to send out a message of truth." For more information about local firearms regulations, safety practices and courses, ask your local firearms shop.





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Mount Robson Provincial Park. CONTRIBUTED

Off-roading: Your next B.C. adventure

How you experience the B.C. wilderness can be very different depending on your mode of transportation.

Off-roading in B.C. is one mode that allows you to see B.C. nature at its best, in places that may not always be accessible easily by foot. It's an exhilarating experience of driving through the wilderness on remote logging roads and trails.

And you don't necessarily need to own a truck or an ATV (all-terrain vehicle) to do it. Many companies across B.C. rent them and often provide tours through the B.C. wilderness, so you can enjoy the fun of off-roading with an experienced guide.

Whistler

The trails around Whistler and Blackcomb mountains and Callaghan Valley are a prime spot for off-roading.

In less than a two-hour drive from Vancouver you can be exploring the wilderness in this pristine area by Jeep or ATV, with its forests, lakes, meadows and waterfalls. Many tours offer meals along the way, so you can stop and take in the beautiful natural surroundings while enjoying a picnic lunch or dinner.

Hope

Beautiful Kawkawa Lake is easily accessible via two- or four-person dune buggy. This is a great place to bring your family and relax on the quiet shores, taking in the vistas of the Coast and Cascade mountain ranges.

Alberni Valley

This scenic area near Port Alberni on Vancouver Island is a beautiful place to experience the spectacular nature of the region.

Off-road in an ATV or UTV (utility task vehicle) to the top of Mount Arrowsmith for a commanding view of the surrounding green mountains on Vancouver Island's spectacular West Coast.

Nakusp and Arrow Lakes

This area of the Kootenays gives visitors a great perspective on B.C.'s diverse inland ecosystems. Drive an ATV into the backcountry through the wilderness on gravel logging roads.

Robson Valley

Pick up your rental ATV in the small towns of Valemount or McBride and explore the trails in the Rockies and Monashee mountains.

Mount Robson in the region is the highest mountain in the Canadian Rockies at nearly 4,000 metres.

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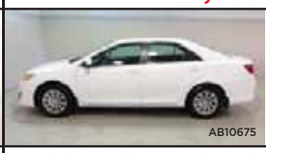
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Bryce Watts, co-founder and president of the Forager Foundation. CONTRIBUTED

WILD EDIBLES

Food doesn't just come from the supermarket. The B.C. wilderness provides many delicious and easy-to-access foods that are uniquely our own, says Bryce Watts, co-founder and president of the Forager Foundation, a local organization that holds workshops and events to help people connect with their environment through foraging.

In 2015, the foundation held its first season of foraging tours in the spring and summer, and hosted more than 400 people who were interested in getting to know how to identify local wild edible plants. Much of this knowledge is from First Nations, he says.

Here are a few of the common wild edibles that he and his groups find.

Elderflower and elderberry

A couple of species can be found in local forests, both the flowers and the berries can be eaten. The large white flower clusters can be dipped in batter and cooked into a fritter, or made into cordial.

"The berries have a long history of being used for cold and flu," says Watts.

Cattails

Almost all of this common plant is edible. Watts describes their flavour as somewhere "between celery and cucumber." They can be pickled, sauteed or steamed, much like you would use celery or asparagus. The roots can be turned into a starchy flour used to thicken soups and stews. Bright yellow cattail pollen can be used as a partial flour substitute. Take the flowers, put them in a bag and shake it to collect it. "The dough comes out bright yellow," Watts explains.

FIREWEED FLOWERS

Fireweed

One of the first plants to grow in the mountains after a forest fire, fireweed has bright pink blossoms. The leaves can be sauteed much like spinach or kale, or used to make tea, and the flowers can be used to make jelly.

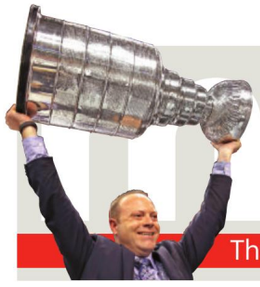
Rockweed

Living on the coast has its advantages, and edible seaweed is one of them. One of Watts's favourites is called rockweed, the common brown variety with bubbles along its tips. These can be dehydrated, and when seasoned, "have the same consistency as a Cheeto," says Watts.

If you go out foraging, know the rules around foraging in that area, make sure not to overharvest, and bring your guide book, Watts suggests. There are several plants that look similar to the ones you can eat, but can make you sick.

"Once you start learning a little bit, whenever you go out you'll notice there's actually a lot wherever you are," says Watts. "We're really lucky in B.C. that way."

metro SPORTS



The Blackhawks have given a three-year contract extension to GM Stan Bowman that runs through the 2020-21 season

Late goal boosts Preds

NHL

Weak third period dooms Canucks

Cam Tucker
Metro | Vancouver

The Canucks go into the all-star break on a two-game losing streak, courtesy another lacklustre third period.

The Canucks lost to the Nashville Predators by a final score of 2-1 on Tuesday. James Neal scored the winning goal with less than five minutes remaining in regulation.

The Canucks fell behind less than a minute into the game.

Charging to the net, Predators forward Craig Smith deflected the puck by goalie Ryan Miller after rookie defenceman Ben Hutton was unable to check the stick of Smith in time, leading to the opportunity.

It was a less than ideal start on home ice after a six-game road trip. The Canucks didn't register their first shot on goal until after the six-minute mark of the opening period.

They did well to respond after plodding out of the gate.

Brandon Sutter, making his return to the Canucks lineup after missing 33 games, got Vancouver on the board later in the first period. He worked a nice give-and-go with Daniel Sedin, scoring on the perfect return pass.

Classic Sedin magic, except for one flaw: It wasn't Daniel Sedin setting up his brother, Henrik, who remains injured going into the all-star break.

Any rust expected in Sutter's game, after missing so much time, reared itself a few minutes later. Sent in all alone on a short-handed breakaway, Sutter had Nashville goalie Pekka Rinne fooled on the deke, but backhanded the puck wide of the net.

The Predators' Craig Smith, left, reacts as he scores against Canucks goaltender Ryan Miller at Rogers Arena on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

TUESDAY In Vancouver

2	1
PREDS	CANUCKS

The replay showed Sutter hanging his head for a split second as the play continued.

Despite that miss, the Canucks took over the remainder of the first period. They carried that into the middle frame, holding a lopsided edge in shots on goal and puck possession at 5-on-5.

The only issue was they couldn't score, despite some decent opportunities on the power play from the second unit.

That was problematic.

After controlling the play for most of the game, the Canucks went quiet in the third period. Through more than 15 minutes, they were held to just two shots on goal.

That's when Neal and the Predators struck.

MLS

Caps still looking for a new right back

Day 2 of training camp, and Vancouver Whitecaps head coach Carl Robinson is still looking to finalize a deal to bring a right back to the local Major League Soccer club.

Earlier this month, at the MLS SuperDraft, Robinson told reporters he was still working to get a deal, as he put it, over the line. As the Whitecaps opened up camp with media day last Friday, Robinson was still pushing to get a deal over the line.

Carl Robinson
GETTY IMAGES

Robinson did confirm last week that the negotiations are for a player outside of the MLS.

As of Tuesday, little has changed. Robinson is still working at the deal, still trying to fill the void left by the off-season trade of veteran Steven Beitashour to Toronto, after the Whitecaps declined to pick up the option on his contract for 2016.

"We're still working towards it," Robinson told reporters on Tuesday.

"We're still in contact with the other club to try and get it over the line but as of yet we haven't managed to get it over the line. Hopefully we will in the next day or so. If not, we're going to have to move on."

CAM TUCKER/METRO

Raps in rarefied air

NBA

Lowry leaves injured late in team's record-tying victory

It's nine and counting for the Toronto Raptors. All-star starter Kyle Lowry poured in 29 points as the Raptors matched their franchise-best nine-game winning streak, beating the Washington Wizards 106-89 on Tuesday.

DeMar DeRozan added 17 points for the Raptors (30-15), who swept their four-game series with Washington. Terrence Ross added 15 points, while Jonas Valanciunas had 13 points and a game-high 12 rebounds, and Cory Joseph chipped in with 10 points.

The Raptors tied the franchise-high nine consecutive games they set from March 22 to April 9, 2002. They were ousted in the first round of the playoffs that season by Detroit.

Lowry shot an efficient 8-for-14, and added four rebounds and four assists, but there were some tense moments late in the fourth quarter when the two-time all-star made a beeline for the locker-room with what looked to be a left hand injury.

John Wall scored 18 points to top the Wizards (20-23), who were missing Bradley Beal. Beal has a broken nose and concussion after being hit in the face by Boston's Marcus Smart a night earlier.

The Raptors were swept by the Wizards in the first round of last season's playoffs, and are keen to show they're a more solid team this season.

Playing Game 5 of a seven-game homestand, the Raptors took a 77-70 advantage into the fourth quarter. Then they put the Wizards away for good. When DeRozan drove to the basket, and drew a foul, on a floating jumper with 4:40 to play, his three-point play put the Raptors up 95-78, in front of a capacity crowd.

THE CANADIAN PRESS

TUESDAY In Toronto

106	89
RAPTORS	WIZARDS

Kyle Lowry contorts his way to a layup against the Wizards on Tuesday night. RON TURENNE/NBAE VIA GETTY IMAGES

TENNIS KERBER KNOCKS OUT AZARENKA IN AUSTRALIA
Germany's Angelique Kerber celebrates after winning a point against Victoria Azarenka of Belarus in their quarter-final match on Wednesday in Melbourne. The No.-7 seed Kerber beat two-time champion Azarenka 6-3, 7-5. AARON FAVILA/THE ASSOCIATED PRESS

BASKETBALL IN BRIEF

Griffin injury came from punching Clippers staff

Blake Griffin will be out for as long as six weeks with a broken shooting hand after punching a Los Angeles Clippers staff member during a road trip.

The star forward underwent a procedure and was treated by an orthopedic surgeon after returning early to Los Angeles from a five-game road trip, the team said Tuesday.

THE ASSOCIATED PRESS

France in way of Canadian basketball team qualifying

Canada's men's basketball team will have to knock off No. 5-ranked France to earn a berth in this summer's Rio Olympics. The Canadians will play in a last-chance qualifying tournament in the Philippines, July 4-10.

No. 26-ranked Canada were drawn Tuesday in Group A with Turkey (No. 8) and Senegal (31), and needs to win the tournament to earn a berth in Rio.

THE CANADIAN PRESS

Drug ban costs Horcoff 20 games

NHL

Centre says he 'should have done research into' treatment

Shawn Horcoff GETTY IMAGES

Anaheim Ducks forward Shawn Horcoff was suspended for 20 games Tuesday for violating the terms of the NHL's performance-enhancing substances program.

The 37-year-old Horcoff acknowledged his mistake in a statement issued by the NHL Players' Association. He claimed he tried an unspecified treatment to speed up his recovery from an injury last fall.

"Although I was unaware that this treatment was not permitted under NHL rules, that is no excuse whatsoever," Horcoff said. "I should have done my research, and I should have checked with the NHL/NHLPA Performance Enhancing Substances Program's doctors. I accept full responsibility for my actions, and I am sorry."

Horcoff is the third player to be suspended under the program approved by the league and union in the most recent collective bargaining agreement. Zenon Konopka of the Buffalo Sabres and Carter Ashton of the Toronto Maple Leafs were suspended in 2014.

Horcoff will lose $357,526.88 of his $1.75 million salary during his suspension. The veteran forward is in his first season with the Ducks after 13 years in Edmonton and two more with Dallas.

Horcoff has six goals and four assists this season while playing in 45 of the Ducks' 46 games, providing solid veteran depth.

Ducks general manager Bob Murray signed Horcoff to a one-year deal in the off-season during a shakeup of his roster. Anaheim finished one game short of the Stanley Cup final last season, losing Game 7 of the Western Conference finals at home to eventual champion Chicago.

"The Anaheim Ducks organization fully supports the NHL/NHLPA Performance Enhancing Substances Program," Murray said in a statement. "We will also continue to support Shawn as a player and person throughout this process."

THE ASSOCIATED PRESS

CAPITAL ONE CUP REDS EDGE TOWARD TROPHY Liverpool FC celebrate their penalty shootout win in the Capital One semifinal on Tuesday at Anfield. The Reds, will play either Everton or Manchester City in the Feb. 28 final at Wembley Stadium. Everton leads 2-1 heading into the second leg of its semifinal on Wednesday. JON SUPER/THE ASSOCIATED PRESS

IN BRIEF

B.C. stays unbeaten with win over N.S. in junior curling

B.C.'s Sarah Daniels defeated Nova Scotia's Mary Fay 7-4 in a battle of unbeaten rinks Tuesday at the Canadian junior women's curling championship in Stratford, Ont.

Daniels scored three in the third end and put the game away with a deuce in the 10th to improve to 5-0 after eight draws Fay fell to 5-1 and moved into second place in Pool B. THE CANADIAN PRESS

Cespedes seals Mets deal

Yoenis Cespedes and the New York Mets have completed their $75 million, three-year contract, which gives the slugging outfielder a chance to terminate the deal after one season.

The Mets announced the move Tuesday night, four days after the sides agreed to terms — pending a physical. Cespedes gets a $10 million signing bonus and a $17.5 million salary this year.

THE ASSOCIATED PRESS

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RECIPE Basil and Sun-dried Tomato Crusted Salmon

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This intensely flavoured crust takes salmon to show-stopping heights. It's simple to make, but you're going to feel positively chefy putting this on the table.

Ready in
Prep time: 10 minutes
Total time: 25 minutes
Serves 4

Ingredients
- 4 x 5 oz salmon fillets, skin on
- 1 cup chopped sun-dried tomatoes (not packed in oil)
- 3 cloves garlic
- 2 cups basil leaves
- Pinch of salt
- 1/4 cup olive oil

Directions
1. Preheat oven to 350 F.
2. In a food processor, add the sun-dried tomatoes and garlic and process until you have a rough chop. Add the basil, salt and slowly drizzle the oil in as you process until it reaches a rough paste.
3. Lightly oil a rack and place it over a baking tray. Place the salmon skin side down on the rack. Pat the tomato mixture on top of the salmon, forming a thick layer.
4. Place the salmon in the oven on the middle rack of the oven and bake for 15 to 20 minutes (a thick fillet may need more time), or until the salmon separates into flakes.

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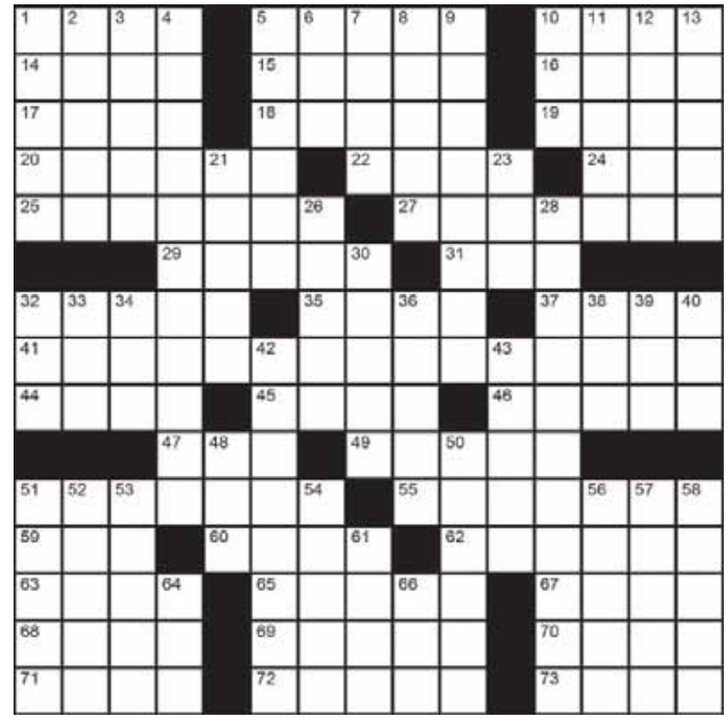
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fleece
5. Fast food restaurant order
10. E-Mail junk
14. Forearm bone
15. Farewell, in France
16. Ti-Cat's foe
17. NASA target in 1969
18. Style of earthenware
19. Lima's locale
20. Quickly rotating star
22. Brain's frontal _
24. Moray _
25. Carpet cleaning machine
27. Like the natural patterns of hardwood flooring
29. Ascends
31. Gremlin
32. Joseph _, 'Father of the Symphony'
35. Crosswords buffalo
37. "Which drive-_ _ you want to go to?" ...asked one retro movie-goer of another
41. Roadside attraction in Varney, Ontario which is the world's largest what?: 2 wds.
44. Classic TV mouse, _ Gigio
45. Make film cuts
46. Array
47. Mil.'s special _
49. Placed cargo onto the ship
51. Bridesmaid dress fabric
55. Brush aside
59. Montreal 'street'
60. Duchess of _ (Subject of Spanish painter Goya)
62. Hinder
63. Norse deity
65. Ancient column style
67. Decline
68. Fermented soybean paste
69. 'N' of TNT
70. Ripened, as cheese
71. Plant containers
72. Choral club songs
73. Longbow woods

DOWN
1. Water collectors in basements
2. Influence
3. Lizard variety
4. Style of building topper seen in historic French architecture, such as in Quebec: 2 wds.
5. Inner circles
6. John Keats specialty
7. Pepper _
8. Obscure
9. 1995 Donald Sutherland movie about a deadly virus
10. Exhaust
11. Primp
12. Harmonize
13. Humid spaces problem
21. _ acid
23. 'Ether' suffix (Airy/delicate)
26. Make 1 + 1 = 2 again
28. Hit for Canadian band Big Sugar that starts "Peace came to me...": 5 wds.
30. _-paced (Slow)
32. Brim locale
33. Flurry
34. Litter cry!
36. Group of eight
38. Grandma
39. Like, hippy-style
40. Iron _
42. Baby bird that hasn't yet left home
43. Toothpaste brand
48. Potpie piece
50. '70s night spots
51. Badly defeat
52. _ recording
53. Singer/songwriter Leslie born in Amherst, Nova Scotia
54. Bring to _ _ (Cookbook instruction)
56. Reflection
57. Brawn
58. Plant origins
61. Payment in poker
64. Un-yeses
66. Dublin's locale, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to get involved in other people's problems today — or they may become your problems too. On this occasion it's better if they learn how to take care of it themselves.

Taurus April 21 - May 21
You've worked long and hard to get where you are now — don't throw it all away by being impulsive. If you let your emotions get the better of you it could damage your credibility.

Gemini May 22 - June 21
The Sun in Aquarius endows you with limitless self-confidence, but you must not take things for granted. It would be easy to fall into the trap of believing that nothing can go wrong — but that's just when it will!

Cancer June 22 - July 23
You are capable of doing more. The right opportunity will come along at just the right moment. Take it easy and take your time and be ready to take your big chance when it arrives.

Leo July 24 - Aug. 23
Things that happened in the past have nothing to do with what is happening today, so stop harking back to "the good old days" and make today special and rewarding.

Virgo Aug. 24 - Sept. 23
Routine matters may bore you but it's important you do a good job on the task you've been assigned. Someone in authority is watching. If they like what they see you could soon be on the way up.

Libra Sept. 24 - Oct. 23
You will get a lot done in a relatively short space of time today. Social and romantic activities loom large over the next few days, so get on top of your work load now and devote the remainder of the week to having fun.

Scorpio Oct. 24 - Nov. 22
Partners and loved ones have been demanding and you are getting tired of having to be there for them 24/7. It won't be long before you can start making a few demands of your own!

Sagittarius Nov. 23 - Dec. 21
You may be somewhat annoyed that friends and loved ones are depending on you to get them out of a fix, but you will do it anyway. Be sure to reward yourself afterwards.

Capricorn Dec. 22 - Jan. 20
You got something wrong. Speak up now there will be no hard feelings and no financial repercussions. However, if you leave it for a day your apologies may not be accepted.

Aquarius Jan. 21 - Feb. 19
If there's an important decision to make then make it now, otherwise it will be taken out of your hands and given to someone who may not be sympathetic to your needs.

Pisces Feb. 20 - March 20
For quite some time you have been fearing the worst but over the next two or three days you will realize that the worst is unlikely to happen — and even if it does it won't be as bad as your imagination led you to believe!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	9				7			
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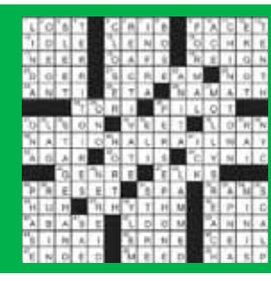

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5	3	4	6	2	8	9	7	1
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around

mental health

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#BellLetsTalk
Howie Mandel